Anson County Cook Book



1928

Wadesboro, North Carolina

Anson County Cook Book

Mrs. Matt P. Blair

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FOREWORD

We take pleasure in offering to the public the Anson County Cook Book. These recipes are not original, but have been tried and tested by women of our community so well known that their signatures insure the excellence of their recipes.

Everybody eats, and everybody should enjoy eating, but not everybody knows how to prepare the viands of the daily menu so as to insure perfection of that enjoyment, and—"The happiness of man—the hungry sinner since Eve ate the apple, much depends on dinner." A public benefactor, then, is that one who shall provide for you a helpful manual on cookery.

We trust, therefore, that this book will appeal to the public; may it prove the young wife's refuge in times of stress and perplexity, and to the experienced housekeeper, a reminder of her past achievements. We wish to thank all who so kindly aided by contributing recipes, and we recommend to you the advertisers whose interest and support made this book possible.

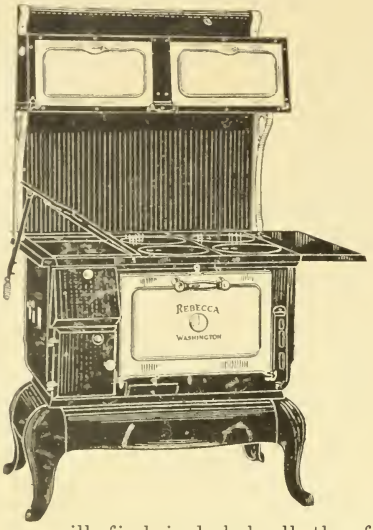
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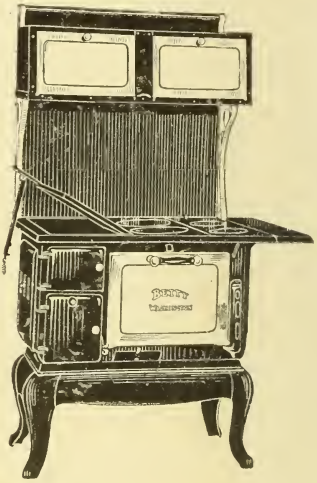
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Soups

CLEAR TOMATO SOUP

1 quart canned tomatoes
1 slice onion
1 bay leaf
1 teaspoon celery salt
2 tablespoonfuls of butter
Salt and cayenne to taste

Add ingredients to 1 pint water, bring to a boil, press through a sieve, return to fire, add 2 teaspoons corn starch moistened in cold water. Cook until transparent.—Mrs. T. L. Caudle.

CELERY SOUP

1 cup celery (chopped)
3 cups chicken stock
1 pt. milk
1 tablespoon flour
¾ cup water

Cook stock and celery, thicken with flour and water. Heat milk and pour into above mixture. Put butter, pepper, and salt in bowl and strain soup over this.—Mrs. L. J. Huntley.

SOUP SUPREME

Stock of one hen, skimming grease from top. Breast of chicken cut fine. One cup almonds ground and added. Lastly, one cup cream. (Tested.)

PEA PUREE

1 quart milk
3 tablespoons butter
3 tablespoons Melrose flour
1 cup peas

Melt butter, add flour, mix to smooth paste. Add milk slowly and let come to boiling point. Add peas, which have been put through colander. Season with salt and pepper and serve with croutons.—Mrs. H. B. Covington.

MOCK BISQUE SOUP

Stew a can of tomatoes and strain: add pinch of soda to remove acidity; in another pan boil 3 pints milk, thickened with a tablespoon cornstarch or flour previously mixed with a little cold milk. Add a lump of butter the size of an egg. Salt and pepper to taste; mix with tomatoes; let all come to a boil and serve.—Mrs. A. D. Griffin.

BOUILLON

To three lbs. raw beef, chopped fine, add 3 quarts cold water. Let barely warm for first hour. Then increase heat and gently simmer for six hours. Turn into earthen vessel, salt to taste, and let cool. Then skim off all fat, squeeze meat hard as you remove it from liquor. Return liquid to fire, boil a few minutes and strain. Should be a clear amber color. Serve hot in cups.—Mamie Ingram Pate.

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POTATO SOUP

4 potatoes
1 tablespoon butter
1 teaspoon chopped onion
1 pint milk
1 tablespoon flour
2 egg yolks

Cook butter, flour, and onion; stir into this mixture one pint of hot milk, add the whole of 4 potatoes (white or sweet), which have been boiled and mashed. Rub all through a strainer. After seasoning to taste with salt and pepper, put over fire again. More hot milk or water may be added to thin if necessary. Immediately before serving stir in beaten yolks of two eggs.—Mrs. Paul Overton.

LOUISIANA GUMBO (SOUP)

1 chicken
1 qt. okra
1 onion
4 pieces celery
2 cans tomatoes (small size)
1 medium size slice ham, raw

Cut chicken as for frying, sear in butter and lard mixed, about 1 tablespoon of each. Chop okra and fry with the celery and onion. Fry ham, cut in small pieces. Mix all of the above, add 3 qts. boiling water and cook slowly 3½ hours. (Tested.)

CREAM OF CORN SOUP

1 can corn
2 cups boiling water
1 teaspoon salt
2 cups milk
¼ teaspoon celery salt
½ teaspoon onion juice
2½ tablespoons cornstarch
1 cup whipped cream.

Rub corn through sieve into saucepan. Add water, salt celery salt, and white pepper to taste. Blend together cornstarch and butter, gradually add milk and cook all ingredients in pan for 5 minutes, stirring constantly. Add whipped cream just before serving.—Mrs. B. F. Bray.

VEGETABLE SOUP

3 pts. beef stock
3 cups finely chopped cabbage
3 cups finely chopped celery
3 cups finely chopped carrots
1 medium size onion
1 cup butter beans
1 can corn
2 tablespoons Melrose flour

Put stock on and let get thoroughly heated. Add to this cabbage. Let this cook several minutes, then add vegetables. When these are tender, thicken and take off stove.—Miss Bessie Plunkett.

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Fish and Oysters

ESCALLOPPED OYSTERS

Rinse in ice-cold water a qt. of oysters. Cover bottom of deep pan with cracker crumbs, then layer of oysters, sprinkle with salt and pepper. Slice butter and cover them. Continue alternate layers of crackers and oysters with a generous supply of butter, until pan is two thirds full. Crackers last with butter. Fill pan nearly full of sweet milk and bake in moderate hot oven for 35 or 40 minutes. Serve while hot.—Mrs. Hattie Covington.

PANNED OYSTERS

Put 2 tablespoons of butter into a very hot baking pan, then put in well drained oysters and cook in oven until brown. Have toast ready and soften with liquor from pan, place three or four oysters on each piece of toast. Sprinkle with parsley chopped fine.—Mrs. T. L. Caudle.

PIGS IN BLANKET

Season large oysters with salt and pepper, and fasten around each one a strip of breakfast bacon. Skewer with tooth pick, cook in hot blazer until bacon is crisp. Garnish with sliced lemon and parsley.—Mrs. H. B. Covington.

OYSTER SOUP

1 pint oysters
1 qt. milk
1 tablespoon Melrose flour
Butter size of an egg.

Bring milk to boiling point, add oysters, cook until they curl, and lastly, add previously blended flour, butter, salt, red and black pepper to taste. Little chopped celery is an improvement.—Shelley Horne Rose.

FRIED OYSTERS

Wash and drain oysters. Roll each in cracker crumbs, then in egg seasoned with pepper and salt. Then again in crumbs. Place them in a wire basket and immerse in smoking fat. When they are light amber color drain and serve immediately. Garnish with parsley.

Oyster Cocktail Sauce

One-third cup tomato catsup
3 drops tabasco sauce
1 tablespoon horesradish
1 tablespoon Worchestershire sauce
1 tablespoon lemon juice
1 tablespoon chopped celery
Salt to taste.

—Miss Elizabeth Horne



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OYSTER COCKTAILS

Select fine oysters. Pick and wash. Cut grape fruit halves, remove pulp and fill with crushed ice. In the center place half a lemon with pulp removed and fill with the following dressing:

1 tablespoon tomato catsup
1 teaspoon Worcestershire sauce
1 teaspoon lemon juice
5 drops tabasco sauce.

Place oysters on ice around sauce.

—Mrs. H. B. Covington.

ROASTED OYSTERS

Wash shells well with brush in cold water and place in pan with deep half of shell down. Put in hot oven and bake until shell opens. Remove top shell so as not to lose liquor. Arrange on plates and put a little melted butter with pepper, salt and lemon juice on each one. If roasted too long oysters will be tough.—Mrs. R. S. Pruette.

CREAMED OYSTERS

1 doz. oysters
1 tablespoon butter
Yolks 2 eggs
1 tablespoon Melrose flour
1 cup milk or cream
Salt, cayenne

Scald 1 dozen oysters in their liquor and drain. Melt 1 tablespoon butter in a sauce pan, add 1 tablespoon Melrose flour and cook but not brown; then add 1 cup of milk or cream and stir until smooth. Season with salt and cayenne pepper and remove from fire. When cooled add beaten yolks of 2 eggs, stirring vigorously; place again on fire and stir until thickened, then add oysters. Serve immediately. This mixture should be highly seasoned, ½ oysters and ½ mushrooms can be used.—Mrs. R. L. Hamilton, Oxford, N. C.

PICKLED OYSTERS

Select large oysters, scald and rinse them, and cover with boiling salted water. Measure liquor left from oysters, and to every pint add:

1 quart vinegar
1 tablespoon cloves
1 tablespoon black pepper
1 teaspoon mace

Heat liquor, vinegar and spices to boiling point. Add oystetrs, allow to boil several minutes, Serve ice cold.—Mrs. H. B. Covington.

SHREDDED WHEAT OYSTER, MEAT OR VEGETABLE PATTIES

Cut oblong cavity in top of biscuit, remove top carefully and remove all inside shreds, forming a shell. Sprinkle with salt and pepper, put small pieces of butter in bottom, and fill with drained, pickled and washed oysters. Replace top of biscuit over oysters, then bits of butter on top. Place in covered pan and bake in moderate oven. Pour oyster liquor or cream over it. Shell fish, vegetables, or meats may also be used.

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BAKED SPANISH MACKEREL

2 fish (weighing about 2 lbs. each)
2 thin strips bacon
Butter, size of an egg
Red pepper.

Remove head and fins from fish. Salt to taste. Place in pan, lay bacon on fish. Add about 1 cup boiling water, butter and pepper. Bake until done.—Mrs. J. A. Leak.

BAKED FISH NO. 1

Prepare fish and lay in a greased baking pan on a thin wire rack (this is to remove fish without breaking when done) sprinkle salt, pepper, and flour over the fish, add 1 tablespoon minced onion, four tablespoons catchup, three or four slices of lemon, or juice of half a lemon, three tablespoons liquor that forms in bottom of pan, frequently, adding more water if necessary. Remove fish to hot platter, pour the liquor over and garnish with parsley.—Mrs. Rosalind A. Redfearn.

PLANKED SHAD

3 pound shad
Salt and pepper
Butter

Dress shad and lay skin side down on a buttered oak plank, one inch thick and a little longer and wider than the fish. Sprinkle with salt and pepper and brush over with melted butter. Bake 25 minutes in hot oven. Remove from oven and spread with butter. Garnish with parsley and lemon. Send to table on plank.—Mrs. K. M. Hardison.

BAKED SHAD

Wash and wipe a large shad. Make a stuffing of fine bread crumbs mixed with melted butter, a little minced onion. Pepper and salt to taste. Fill the fish with this and sew it up. Lay in a baking pan and pour over it a cupful of salted boiling water in which two tablespoons butter have been melted. Sprinkle the fish with flour and bake in a steady oven. Baste with the drippings every ten minutes. At the end of three-quarters of an hour try the fish with a fork to see if it is done. It should be very tender. Transfer carefully to a hot platter, cut and remove the strings. Keep the fish hot while you make the sauce. Set on top of range the pan in which fish has been baked. Thicken the fish drippings with two tablespoonfuls browned flour moistened with cold water. Stir until smooth, then add a cupful of boiling water, the juice of a lemon, a tablespoonful of good table sauce, and a teaspoonful of good kitchen bouquet. Unless the sauce is perfectly smooth, strain through a wire sieve. Pour into a heated gravy-boat.—Mrs. Ben R. Wall.

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FISH CUTLETS

Two lbs. red snappers boiled in clear salt water until tender. When cold, pick from water and wash thoroughly. To this add a cream sauce made of one tablespoon butter, three tablespoons flour, and one cup sweet milk. Season with salt and cayenne pepper. If this is too stiff, a little more milk may be added, to make the right consistency to shape into cutlets with the hands. After these are chilled, roll in egg and bread crumbs and fry in deep fat.

Sauce

Use regular Wesson oil mayonnaise, to which chopped onions, capers and olives have been added. Serves 12 people.—Mrs. J. D. Leak.

FISH CUSTARD

½ lb. Haddock
1 dessert spoon flour—Melrose
1 teaspoonful butter
1 egg
1 teacup milk
Pepper and salt to taste.

Cut fish into pieces and place in baking dish, sprinkle with pepper and salt. Mix flour, milk, egg well beaten and melted butter, pour this mixture over fish. Bake in a moderate oven for 35 minutes.—Mrs. J. F. Hamaker.

SALMON CROQUETTES WITH TOMATO SAUCE

1 can of pink salmon
3 thick slices of bread
3 tablespoonfuls of Melrose flour
Salt, pepper, dash of celery salt
Tomato sauce
1 can of tomato soup
1 tablespoonful of sugar
¼ teaspoonful of ground cloves

Take out bones and skin and a bit of juice from the salmon. Crumble the bread very fine, add seasoning and mix thoroughly. Add flour, and form into small round or oblong croquettes. Put enough fat into an iron frying pan to cover the bottom well, let it get very hot, then fry the croquettes, turning them several times until evenly browned. If they are cooked quickly they will not be at all greasy.

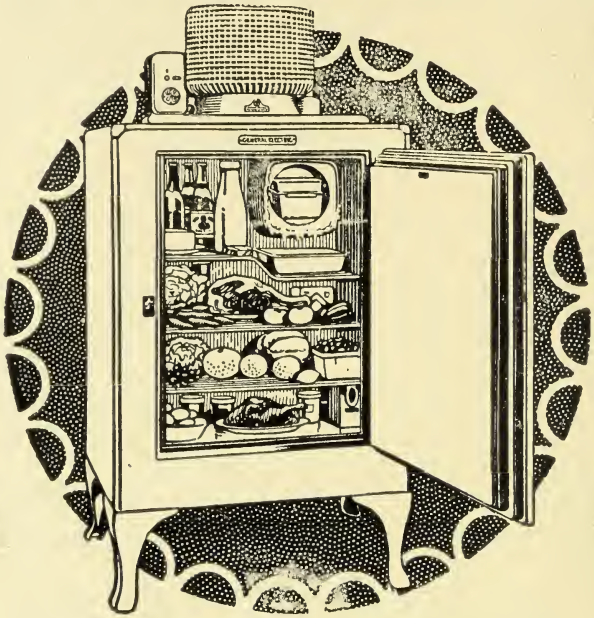
For the tomato sauce, do not dilute the soup but add the sugar and cloves, heat together and serve over the croquettes.—Mrs. Rosalind A. Redfearn.

SALMON LOAF

1 can salmon
4 tablespoons butter
1 cup bread crumbs
½ teaspoon pepper
4 eggs
1 teaspoon prepared mustard
1 teaspoon salt
2 teaspoons chopped parsley

Chop salmon, add melted butter, bread crumbs, well beaten eggs, and seasonings. Pour into greased molds and steam 1 hour. Turn out on platter, garnish with vermicelli, if desired, and serve with white sauce. Servings, six. Serve with white sauce.—Mrs. N. E. Hughes, Peachland, N. C.

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SALMON MOLD

3 eggs
2 tablespoons butter
1 can salmon
½ cup bread crumbs
Salt and pepper to taste
2 tablespoons Worcestershire sauce

Remove skin, bones and oil from fish and rub to a paste. Add eggs, crumbs, sauce, salt, pepper and butter. Mix well, place in buttered mold, cover and steam one hour, or bake in casserole 30 minutes. Serve with egg sauce.

egg sauce. Egg Sauce

½ teaspoon Worcestershire sauce
1 tablespoon flour
1 egg
1 tablespoon butter
1 cup milk
Salt, pepper and chopped parsley

Melt butter, add flour and stir 2 minutes over fire. Add milk, boil 3 minutes, stirring often. Add beaten egg and seasoning to taste. Pour over salmon mold.—Mrs. R. B. Hardison.

SALMON CROQUETTES

1 large can salmon
½ teacup cream of whole milk
Juice of 1 lemon
1 heaping teaspoon butter
2 heaping tablespoons flour
1 teaspoon chopped parsley
1 heaping teaspoon butter

Mix cream, flour and butter and boil to a thick paste. Add to salmon; make into croquettes, roll in egg and bread crumbs and fry in deep fat to a delicate brown.—Mrs. E. A. Allen.

LOBSTER NEWBURG

2 cups of lobster (diced)
1 cup cream
¼ teaspoon salt
3 egg yolks
6 tablespoons sherry
Pepper to taste

Cook lobster a few minutes in butter. Add salt, pepper and sherry. Remove from fire and add egg yolks beaten with cream. Stir carefully over fire until free from the raw egg. Serve on toast or with saltines.

—Mrs. H. B. Covington.

LOBSTER CHOPS

1 can lobster, cut fine, season with pepper and salt. Put 1 pint cream or very rich milk on fire. When hot, stir in yolk of two well-beaten eggs. Add butter size of an egg and 1 heaping teaspoonful flour, first stirred smooth in a little milk. Cook until creamy. Stir in lobster, remove from fire, and, when cold, form into chops, dip in egg and cracker dust and fry in butter. Serve with mayonnaise, with a little caper sauce added.

—Mrs. Geo. Scott, Va.

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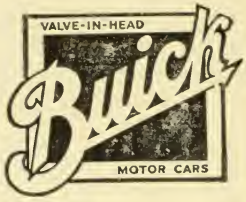
CATFISH STEW
(To Serve 25 Persons)

8 lbs. dressed catfish	1 lb. onions
2 large cans tomatoes	1 lb. butter
1, 14-oz. bottle, catsup	1 gal. water
½ bottle Worcestershire sauce	2 boxes crackers, crushed
Drippings from 1 lb. fat bacon	Salt and pepper to taste

Cook chopped onion in water until tender. Add bacon fat, tomatoes and other ingredients, then add fish and cook for 30 minutes. Lastly add crackers and serve hot.—McLean B. Leath, Rockingham, N. C., May 1928.

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Meats and Croquettes

VEAL BIRDS

Prepare small boneless pieces of veal as for steak, beating until tender. Sprinkle with salt and pepper, lay on slices of bacon and roll, fasten with toothpicks, roll in flour and fry in pan of hot fat. Brown quickly. Pour off part of fat, add water to cover, place lid on pans and cook slowly for an hour.
—Mrs. Myrtle Bridges.

LIVER (SPANISH STYLE)

Place in a baking dish a layer of sliced onions, then slices of liver cut thin and rolled in flour, on liver a layer of onions, a medium-sized tomato sliced, two small green peppers chopped fine and salt and pepper to season. Two or three slices of breakfast bacon may be added. Cover with boiling water and bake in moderate oven until thoroughly done, adding water if necessary.—Miss Fairfid Montsalvadge, Memphis, Tenn.

RICE AND DRIED BEEF

2 eggs
1 cup sweet milk
1 teaspoon Royal baking powder
¼ lb. dried beef
2 tablespoons butter
1 cup left-over rice

Cut beef fine, fry in butter, and mix with other ingredients, except baking powder, which should be added last. Beat well, put in pan and bake until light brown.—Mary Allen Huntley.

CROWN OF LAMB

Place crown of lamb in a baking pan, dust with Melrose flour and pepper, sear in a hot oven and then add 1 cup of water, 1 teaspoon salt, and bake in quick oven for 1 hour, basting 3 or 4 times. When done, place on large round platter and fill crown with richly seasoned hot green peas and serve.
Mrs. T. L. Caudle.

HAM CROQUETTES

Use twice as much mashed potato as grated ham. Add one well-beaten egg. Season with cayenne; shape, roll in bread crumbs, in egg, then in bread crumbs again, and fry a golden brown.—Mrs. Ted Coggeshall.

BREADED VEAL CUTLETS

Trim and cut cutlet into individual servings. Season with salt and pepper. Dip into egg batter (1 egg, ¾ cup milk) and then into sifted bread crumbs. Fry in deep fat. Drain and serve with:

MAITRE D'HOTEL SAUCE. See recipe on page 25.

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BEEF CASSEROLE

Cut 1½ pounds of round steak into small pieces, dredge in Melrose flour and fry with one large onion and one large green pepper (minced) from which the seeds have been removed, cook until brown. Boil one cup of rice for 15 minutes, now put a layer of beef, then a layer of rice, then a layer of canned tomato. Repeat until the casserole is full, finishing with rice. Now pour the thickened gravy from the beef over all, cover and bake for an hour. Mashed potatoes may be used instead of rice.

—Mrs. R. L. Hardison.

Maitre D'Hotel Sauce

6 tablespoons butter
Dash salt and pepper
3 teaspoons lemon juice
3 teaspoons chopped parsley

Mix together with spoon (do not melt) and gradually work in lemon juice.

—Elizabeth Allen.

SWEET BREADS

Soak in cold water about an hour, then boil in salted water about twenty minutes, or until done. Throw them into cold water again for a few minutes; just before time to serve, cut them in even size pieces; sprinkle with salt and pepper to taste. Dip in egg and bread crumbs and fry in boiling lard; drain on brown paper. Serve with green peas. (Tested.)

CHICKEN CROQUETTES

1 pint chicken chopped fine
½ pint milk
1 large tablespoon butter
2 tablespoonfuls flour—Melrose
1 tablespoonful chopped parsley
1 teaspoon salt
Black and cayenne pepper to taste

Heat the milk, melt the butter and stir into it the flour. Put this into the hot milk, stirring until very thick. Take from fire and add chicken and seasoning. Beat until thoroughly mixed. When cold form into croquettes. Dip first into bread crumbs, then into beaten egg seasoned with pepper and salt, then back into bread crumbs. Fry in deep fat till golden brown.

—Mrs. R. W. Allen.

BROCHETTE OF CHICKEN LIVERS

The chicken livers are cooked in salted water, and, when tender, sprinkled with paprika and white pepper. Half or whole livers are wrapped in strips of bacon and broiled in an oven (not under the flame) until the bacon is crisp. The brochettes are then placed on thin triangles of buttered toast and garnished with sliced lemon and sprigs of parsley or water cress.

Mrs. T. L. Caudle.

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SWISS STEAK

2 pounds round steak (2 or 3 inches thick)
¼ cup flour
1 medium size onion

Salt steak and beat flour well into it. Brown quickly on both sides in hot fat. Add water, cover tightly and steam until very tender. More water may be added if necessary. When about half done, add chopped onion. Tomato may be substituted, or both used.—Mrs. F. G. Fetzer.

MEAT LOAF NO. 1

1 lb. fresh pork
1 weiner
1 cup grated carrots
1 cup bread crumbs
2 lbs. round steak or veal
1 medium sized onion
2 level teaspoons salt
½ teaspoon pepper
Dash cayenne pepper
½ can tomato soup (if you wish)

Bake about an hour.—Mrs. E. A. Allen.

MEAT LOAF NO. 2

2 pounds round steak
½ pound fresh pork
1 teaspoon salt
¼ teaspoon pepper
4 hard-boiled eggs
1 tablespoon chopped parsley
1 cup bread crumbs
1 egg
1 cup sweet milk
Strips of bacon

Put meat through food chopper. Add seasonings, bread crumbs, well beaten egg and milk. Mix thoroughly, place in greased roaster, with boiled eggs in center and form loaf. Put strips of bacon on top and bake about 1 hour, using 1 tablespoon butter melted in 1 cup boiling water to baste with. When done, garnish with strips of pimiento and sprigs of parsley.

—Mrs. J. P. McRae.

POT ROAST

Select a four to five pound round, rump, or chuck beef. Wash and wipe with dry cloth. Rub well with flour to which salt and pepper have been added. If there is a piece of fat with the beef, fry it out in the bottom of the pot (an iron pot is best). If there is no fat, put in three tablespoons of lard or other fat, and sear the meat on all sides. Add one cup of boiling water, cover tightly and simmer gently.

Do not let the water cook entirely away, but keep adding a little at the time. Cook until meat is tender, from two to three hours at the least, remove meat from pot and sprinkle a little more flour and add enough water to make gravy; usually a half cup of water is sufficient.

If you like onions, slice the onions and add to the roast about half an hour before taking up. Be sure to have a bowl of nice flaky rice to go with the gravy, or a dish of mashed potatoes.—Mrs. Rosalind A. Redfearn.



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MINUTE STEAK

Cut some fine steaks barely ½ in. thick from porterhouse or rib roast. Remove all skin and sinews. Heat iron frying pan until glowing hot, rub with piece of raw fat. Salt and pan broil over a very hot fire for 2 min. on each side. Previously stir one tablespoonful butter until creamy, add some chopped (very fine) parsley and a few drops of onion juice. Place steaks in a nice row on platter, pour off some of fat from pan. Put in one tablespoonful of water and while this boils, brush steak with the prepared butter. Place them for one moment in a hot oven, pour gravy from pan around them. Garnish with scraped horseradish on a lettuce leaf. Can garnish also with any desired potatoes or with fried rings of onions. All garnishings must be ready when the steaks are done as they must be served immediately and very hot.—Mrs. Adele Rheinstein.

JELLIED TONGUE MOLD

1 pound cold boiled or canned tongue
2 hard cooked eggs
2 tablespoonfuls granulated gelatine
1 tablespoonful mustard pickle
1 large sour or dill pickle
1 tablespoonful prepared mustard
3 tablespoonfuls prepared mayonnaise
2 tablespoonfuls cold water
2 cupfuls hot water

Add the tongue chopped coarsely to the eggs, pickle, and mustard pickle chopped. Add the mustard and mayonnaise. Meanwhile soak the gelatine in the cold water for five minutes and dissolve it in the hot water. Cool, and when the gelatine begins to stiffen, stir into it the tongue mixture and pour all into a cold, wet mold. Let harden in a cold place and serve garnished with parsley or lettuce. If just a sandwich filling is desired, omit the gelatine mixture.—Mrs. Francis E. Liles.

BEEF LOAF (OF COLD BEEF)

Soak one tablespoon of gelatine in half cup of cold water 10 minutes. Then heat a quarter of a cup of well-seasoned stewed tomatoes, or canned tomato pulp to boiling point and pour over gelatine, stirring well until gelatine is dissolved. Make ready two cups of chopped and seasoned meat mixed with one tablespoon of lemon juice and one small sour pickle minced fine. Stir tomato into meat mixture and mould in earthen dish. Let stand in mold until jelly is stiff. Serve cold.—Mrs. S. R. Moore.

TO BOIL A HAM

Let the ham soak in cold water all night, if desired. To boil, put in cold water, skin side down. After water comes to boiling point, lower temperature, letting ham cook slowly until done. It will take about 20 or 25 minutes to the pound. (One cup vinegar left from peach pickles may be added to water in which ham is boiled.) Leave ham in water until cool. Skin, sprinkle over with bread crumbs, brown sugar and black pepper, stick with cloves and put in moderate oven for a few minutes to brown.

—Mrs. L. J. Huntley.

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Sauces For Meats and Fish

THICK WHITE SAUCE FOR CROQUETTES

Put two and a half tablespoons of butter in a saucepan until melted. Add one-third cup of flour, one-fourth teaspoon pepper. When thiis is well blended, add one cup milk, then stir until smooth and thick.

BROWN SAUCE

Melt three tablespoons butter. Add three tablespoons flour, one cup brown stock, one-fourth teaspoon salt and pepper, a few drops of onion juice. Be careful to let the butter and flour brown, not burn, before adding other ingredients.

TOMATO SAUCE

Put together in saucepan one-half can tomatoes, one-half onion, one teaspoon parsley. Cook twenty minutes, then rub through sieve. Melt two tablespoons butter in another pan. Add two tablespoons flour until smooth Add the tomato juice slowly, stirring constantly. Cook five minutes. Then add salt and pepper and a pinch of soda.

MINT SAUCE

Three tablespoons of finely chopped mint leaves, two tablespoons of sugar. Cover with six tablespoons of vinegar. Let stand an hour. Squeeze and strain. Serve with lamb.

SAUCE FOR FISH

To two yolks of eggs, add one tablespoon of flour. Beat well. Add one cup milk. Stir until it boils. Add one tablespoon butter, one tablespoon vinegar, salt, pepper and a pinch of mustard.

HOLLANDAISE SAUCE

½ cup butter
½ cup boiling water
2 egg yolks
1 tablespoon lemon juice.

Wash butter. Divide in three pieces. Put one piece in double boiler with boiling water, well beaten egg yolks and lemon juice. Stir constantly until butter is melted. Add second piece of butter and as mixture thickens add third piece. Season with salt and pepper.—Mrs. T. L. Caudle.

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Mint sauce.

Roast pork—
Apple sauce.

Roast turkey—
Cranberry or celery
Plum or grape sauce.

Roast chicken—
Currant jelly

Boiled turkey—
Oyster sauce.

Broiled steak—
Mushrooms—fried onions.

Pigeon pie—
Mushroom sauce.

Roast goose—
Apple sauce.

Fried salmon—
Egg sauce.

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Stewed gooseberries.

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White cream sauce
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Poultry

SOUTHERN FRIED CHICKEN

Unjoint fat young chicken, weighing about two pounds. Salt, roll in flour and fry to golden brown in deep fat. When nearly done, add butter size of an egg. Take up chicken, add flour to fat, let brown and add one cup of boiling water. Stir until thick and smooth. Garnish chicken with parsley.—Mrs. John Dunlap.

SUPERIOR CHICKEN

Boil hen until tender, and dice. To one hen, one bunch of celery chopped and cooked separately in salt water. Then into long, flat baking dish place layer of hard-boiled eggs, then layer of chicken, cooked celery, and almonds, cut lengthwise. Cover this with cream dressing well seasoned, and bake. Serve hot in same dish. (Tested.)

ROAST TURKEY

Pick and dress with care. Wash in several waters. A teaspoon soda added to one water will take away any acidity. Rub with salt—2 table spoons for a large turkey. Let stand one or more days before cooking. When ready to cook, place in roaster with five cups hot water. Baste the turkey often, turning it occasionally. When pierced with a fork and the liquid runs clear, the turkey is done.—Mrs. Henry Little.

Dressing For Baked Chicken or Turkey

3 cups bread crumbs 1 cup cold hominy or muffin

¼ spoon Royal baking powder

Pour over this sufficient stock to soften. Three beaten eggs, small onion, fresh celery chopped, or celery seed, and pinch of sage. If not rich enough, add butter, salt and pepper to taste. If bread is heavy, put pinch of soda in little boiling water and stir in dressing.—Mrs. Henry Little.

MARBLED CHICKEN

Cook a beef tongue very tender. Remove the skin and cut in half-inch dice. Boil a chicken until meat will drop from bone. Remove fat and skin, and, when cold, chop fine. Hard boil 2 or 4 eggs and cut in thin slices. Season meat with salt and pepper and enough parsley to make 2 tablespoonfuls. To one pint of hot stock from chicken, add one-third package of gelatine which has been soaked in one-third cup cold water. Dissolve, season, and drain through cheese-cloth. When gelatine is cold, pour a thin layer in bottom of a wet mold. Fill mold with alternate layers of chicken, tongue and eggs, sprinkling each layer with the parsley. Pour over this just enough of the gelatine mixture to moisten. When cold and firm, slice and garnish with parsley.—Mrs. G. S. Ledbetter.

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CHICKEN A LA KING

4 tablespoons butter
2 tablespoons flour
¾ cup chicken stock
3 tablespoons canned pimiento
1 cup boiled chicken
¾ cup thin cream
½ can sauted mushroom cups
3 tablespoons chopped green pepper

Put two tablespoons butter in sauce pan, add flour and stir until well blended. Then add gradually the stock and cream. Bring to boiling point and add remainder of butter, mushroom, and pimiento. Bring to a boil again and add egg yolk, slightly beaten. Add chicken and serve on toast.

—Miss Pat Barringer Coxe.

CHICKEN A LA KING

2 tablespoons butter
1 can mushrooms
½ teaspoon salt
3 cups cooked chicken (chopped)
3 egg yolks
1 tablespoon lemon juice
1 green pepper (chopped)
2 tablespoons Melrose flour
2 cups rich milk
¼ cup butter
1 teaspoon onion juice
½ teaspoon paprika

Melt the two tablespoons butter. Cut pepper and cook until tender in small amount of water. Add flour, butter, and mushrooms, salt and pepper, and cook until it froths. Add milk and let come to a boil. Then add chicken, cover and let stand to become hot. Cream ¼ cup butter, beat egg yolks into it, add onion juice, lemon juice, and paprika. Then stir into first mixture and continue stirring until egg is set. Serve in pastry shells.

—Mrs. Frank Bennett.

CHICKEN PIE

Cut a young tender chicken in pieces.

Place in kettle and add enough water to cover. Add one small slice of bacon, put cover on kettle and let simmer slowly until chicken is tender, adding a little more water if needed. Make a gravy of the stock, using 2 tablespoons full of Melrose flour for each cup of stock. Use for the crust a good pie paste, rolled thicker than for fruit pies. Line the sides of a deep baking dish with crust, invert in the middle a small cup or ramekin; put in part of chicken, season with salt and pepper and a generous amount of butter, and a few pieces of pastry cut in strips, as in stewed chicken; then add the rest of the chicken and season again. Put in the dish 2 cups of gravy made from the broth in which the chicken was cooked and cover top with a crust. The cup will hold the crust. Make perforations in the crust with a fork. Bake 1 hour until crust is done. When serving, after cutting the first slice, slip the knife under the ramekin and release the gravy.—Mrs. T. L. Caudle.

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MAYONNAISE

CHICKEN TIMBALES

2 tablespoons butter
¼ cup stale bread crumbs
Two-thirds cup milk
1 cup chopped cooked chicken
½ tablespoon chopped parsley
2 eggs
Salt and pepper

Melt butter, add crumbs and milk, cook five minutes, stirring constantly, add chicken, parsley and egg slightly beaten, season, salt and pepper, turn into buttered molds, having them two-thirds full. Set in pan hot water. Cover with lid and bake twenty minutes; serve with cream sauce.

—Mrs. C. S. Brasington.

CASSEROLE CHICKEN

Make a dressing of rich corn bread crumbled, seasoned liberally with chopped onion, sage, butter, salt and pepper. Spread in the bottom of a shallow casserole. Joint a small frying-size chicken, season with salt and pepper, dip in hot fat and roll in flour. Lay on top of dressing, cover tightly and cook until tender. Remove cover and let brown.

—Mrs. Elliott Boswell, Va.

CURRIED CHICKEN

1 cup milk
3 tablespoons butter
1 cup chicken stock
¼ teaspoon salt
2 tablespoons Melrose flour
6 drops onion juice
2 cups diced chicken
Few pinches of curry

Make regular cream sauce with butter, flour, milk and stock. Season with curry, salt and pepper. Pour over chicken and serve on toast.

—Mrs. H. B. Covington.

SMOTHERED CHICKEN

Select young chicken from 2 to 4 pounds. Dress and split open down back. Spread chicken out flat and season with salt, pepper, dredge lightly with flour. Place chicken in pan, with skin side up. Lay two or three slices of bacon over each, add 1 cup boiling water and cover tightly. When chicken is about half done, squeeze juice of ½ lemon, or 1 teaspoon of vinegar, over each fowl.

Baste occasionally with liquid in pan. If water should cook out, replace until about same amount. At the last, remove cover from pan and let chicken brown nicely. Remove to platter, garnish with sliced lemon and parsley. Add ½ cup of milk in which 1 teaspoon of flour has been blended to the gravy, let boil up once and then remove from fire.

—Mrs. Rosalind A. Redfearn.

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CHICKEN MOUSSE

6 cupfuls of chopped cooked chicken
2 cupfuls of cream, whipped
4 cupfuls of hot chicken stock
6 tablespoonfuls of gelatine (not acid)
1 cupful of chopped cooked celery
1 cupful of chopped cooked green pepper
3 tablespoonfuls chopped pimientoes
3 teaspoonfuls of salt
¾ teaspoonful of pepper
1 cupful of cold water

Cook two five-pound hens until the meat is very tender. Chop the meat, which will be approximately six cupfuls. Reserve the hot stock. Soak the gelatine in the cold water for five minutes, add the boiling chicken stock and stir until the gelatine is dissolved. Chill together. Pour into a mold, preferably an oblong or square one, and chill on ice three to four hours. It is very attractive if individual molds are used. Serve on a lettuce leaf garnished with the yolk of hard-cooked egg mashed through sieve. May be served with or without mayonnaise.

—Mrs. Rosalind A. Redfearn.

BARBECUED CHICKEN

1 2-lb chicken
1 cup vinegar
¼ lb. butter
½ cup water

Split chicken down back, sprinkle with salt. Add water, butter, vinegar and ¼ pod red pepper broken up. Cook in oven until done, basting frequently with liquid made of water, butter, and a little vinegar. Serve with brown sauce.—Mrs. Daisy B. Parsons, Norwood, N. C.

STEWED CHICKEN (SPANISH STYLE)

Joint grown chicken, salt and pepper it. Cut up a small piece of salt pork into little squares and put in pot to brown. Put in chicken and stir. cover and let siimmer. Cut up onion and tomato and when the water dries out brown chicken in the onion and tomato, adding lard. Add a sprinkle of flour and enough water to cover chicken and let cook until tender. Beef may be stewed in same way.—Mrs. T. A. Marshall.

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Eggs and Cheese

BLUSHING BUNNY

1 cup cheese, diced
¼ teaspoon mustard
1 cup canned tomato soup
Red pepper to taste
1 tablespoon butter
¼ teaspoon salt
2 eggs
Toast.

Place cheese, butter, mustard, salt and pepper in double boiler. Stir until the cheese is melted, add egg yolks and soup, and cook until smooth. Do not allow mixture to boil. Serve on toast.—Mrs. H. B. Covington.

CHEESE BALLS

1½ cups grated cheese
3 egg whites
¼ teaspoon salt
Dash of cayenne pepper.

Mix salt, pepper and cheese thoroughly together then add egg whites beaten stiff. Shape in small balls, roll in cracker dust, fry in deep fat and drain on brown paper. Serve with birds or boiled chicken.

—Mrs. C. T. Pate, Purvis.

WELSH RABBIT

¼ lb. grated cheese
¼ cup cream or milk
½ teaspoon mustard
1 egg
½ teaspoon salt
2 teaspoons butter
A little cayenne pepper

Put cheese, milk and butter in double boiler. Add mustard, salt and pepper to well beaten egg. When cheese is melted, stir this mixture into it and cook until it thickens. Serve on dry toast.—Mrs. Jas. S. Webb.

SHIRRED EGGS

Have the egg shirrers or earthenware baking dish heated. Allow about one tablespoon butter to each egg and melt in dishes. Break eggs into melted butter and season to taste. Cook in moderate oven until eggs are set and serve in same dishes. Chopped parsley or cheese may be sprinkled over eggs before cooking.—Mrs. F. M. Little.

BAKED EGGS NO. 1

Mix bread or cracker crumbs, seasoned with butter, salt, pepper and sage as for stuffing. Add to this, one cup chopped chicken, or other kind of meat, and a pinch Royal baking powder. Fill buttered muffin tins half full of this mixture, break an egg on top of each. Bake until done. Serve hot. Sprinkle top of eggs with salt and pepper.—Mrs. Thos G. Wall.

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CHEESE SOUFFLE

2 tablespoons butter
2 tablespoons flour
½ cup scalded milk
2 eggs
One third teaspoon salt
Two-thirds cup grated cheese
Few grains cayenne pepper

Melt the butter, add flour, and when thoroughly blended, add gradually the scalded milk, stirring constantly until smooth and thickened. Then add seasoning and cheese, remove from fire and add the well beaten egg yolks; cool and fold in the stiffly beaten whites. Pour in buttered baking dish and bake 30 minutes. Serve immediately.—Mrs. Sam S. Steele.

BAKED EGGS NO. 2

4 hard boiled eggs
1 cup grated cheese
Bread crumbs
Cream sauce.

Slice eggs and place flat in baking dish. Pour over them, medium cream sauce, to which has been added the grated cheese. Sprinkle with buttered bread crumbs and brown.—Mrs. H. B. Covington.

ALIBI EGGS

1 tablespoon butter
1 tablespoon Worcestershire sauce
3 tablespoons tomato catsup
1 tablespoon mixed mustard
1 teaspoon salt
Pinch of red pepper

Let ingredients come to a boil, then put in eggs. Serve on toast.
—Mrs. Geo. Scott, Burkeville, Va.

SPANISH OMELET

4 eggs
1 large tomato
1 green pepper
1 small onion
Dash pepper
½ teaspoon salt

Broil about four strips of breakfast bacon. When done, remove and add chopped onion, pepper and tomato and let cook until tender. Beat eggs together with salt and pepper, pour over vegetables, scramble all together and serve very hot.—Mrs. C. H. Sutherland.

CREAMED POTATO AND EGGS

Here is a delicious way to use cold creamed potatoes. Place in buttered flat baking dish (pyrex pie plate excellent), make indentations large enough to hold an egg. Break a fresh egg into each little nest. Sprinkle with salt, pepper and a little butter and bake until eggs set. Serve in dish cooked in.
—Mary Allen Huntley.

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Wadesboro, N. C.

SCRAMBLED EGGS (SPANISH STYLE)

½ small onion
½ pint canned tomatoes
3 eggs
½ teaspoon salt
½ teaspoon pepper
Butter

Slice the onion and fry in butter. Add tomatoes and seasoning. Cook about five minutes. Drop eggs into this mixture, stir and cook slowly until eggs are firm as desired. Ground beef or chopped peppers may be added to this.—Mrs. W. L. Marshall.

SHREDDED WHEAT BISCUIT FOR BREAKFAST

Warm the biscuit in the oven to restore crispness; don't burn; pour hot milk over it, dipping the milk over it until the shreds are swollen; then pour a little cream over the top of the biscuit. Or serve with cold milk or cream, according to individual taste.

EGGS A LA GOLDENROD

3 hard-boiled eggs
1 tablespoon butter
1 tablespoon Melrose flour
1 cup milk
½ teaspoon salt
½ teaspoon pepper
5 slices of toast
Parsley

Make a thin white sauce with butter and Melrose flour, milk and seasoning. Separate yolks from white of eggs, chop whites finely and add them to sauce. Cut four slices of toast in halves lengthwise, arrange on platter and pour over sauce. Force the yolks through a potato ricer or strainer, sprinkling over the top. Garnish with parsley and remaining toast cut in points.—Mrs, R. S. Pruette.

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Vegetables

CREAMED VEGETABLES

Vegetables are appetizing when served with cream sauce. Carrots, peas potatoes, celery, cabbage and cauliflower may be used in this way.

White Sauce

1 tablespoon butter
1 tablespoon flour
One-ninth teaspoon salt
½ cup milk

Melt butter, add flour and salt. Mix well, then add milk, stirring constantly. Cook two minutes.

Cauliflower

Prepare cauliflower and cut into medium sized pieces. Drop into boiling water, slightly salted, and cook until tender, about 20 to 25 minutes. Take up, drain, and add white sauce. Serve hot.

Cabbage

Look over and chop cabbage into small pieces, cook in very little water, slightly salted, until tender. Take up, drain and cover with white sauce. Serve hot.—Mrs. Rosalind A. Redfearn.

ESCALLOPPED CABBAGE

Prepare as above. To two cups of cooked cabbage add ½ tablespoon of paprika, 1 tablespoon of butter, ¼ cup bread crumbs, 1 cup white sauce. Mix well, put in buttered baking dish, cover with buttered crumbs, bake in moderate oven until brown.—Mrs. Rosalind A. Redfearn.

ASPARAGUS

Scrape the stalks and let stand in cold water for ½ hour. Put into salted boiling water and cook about 20 minutes or until tender but not limp. Serve on buttered toast with melted butter or Hollandaise sauce.

—Mrs. T. L. Caudle.

SPINACH

Look over the spinach, wash in 4 waters, take off stalks and boil in a saucepan without water for thirty minutes, covering closely. Drain and cut with a knife while draining; season with pepper, salt and a little butter, and slice 2 hard-boiled eggs over the top. Serve hot. Or, put spinach through colander, mix with a good cream sauce and put 2 hard-boiled eggs, which have been put through a potato ricer, on top, and serve.—Mrs. R. S. Pruette.

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STUFFED SQUASH

Scoop out inside of 6 medium sized squashes, saving shells to be stuffed. Boil inside until tender in salt water, drain and add bread crumbs, salt, pepper and 1 minced onion. Stuff shells with mixture, sprinkle with bread crumbs and put slice of bacon on each. Bake in quick oven until brown. Hard-boiled eggs or mincer ham may be added.—Mrs. E. A. Allen.

STUFFED ONIONS

6 medium sized Bermuda onions
¼ cup chopped green peppers
Two-thirds cup milk
1 tablespoon fat
Buttered bread crumbs
½ cup chopped ham
½ cup bread crumbs
½ teaspoon salt
Pepper

Skin and cut a slice from top of each onion. Parboil the onions until almost tender, then drain and scoop out the centers. Chop the onion that was removed and combine with ham, peppers, and bread crumbs. Add seasonings, and refill onion cups. Place in a baking dish, cover with buttered bread crumbs, add the milk and bake until tender.—Mrs. T. L. Caudle.

CORN PUDDING

Scrape substance from 12 ears of tender green corn, add 4 eggs, yolks and whites beaten separately, 1 teaspoon sugar, 1 teaspoon Melrose flour, blended with 1 tablespoon butter, salt and pepper to taste, 1 pint milk. Bake from ½ to ¾ hour. May substitute 1 can corn and use ½ other ingredients, if desired.—Miss Annie Frost, Mt. Carmel, Pa.

CORN A LA MEXICAN

1 cup of corn (fresh or canned)
2 beaten eggs
⅛ teaspoon paprika
¼ cup grated cheese
½ chopped green pepper
¼ teaspoon salt
½ cup milk

Mix ingredients; sprinkle with buttered bread crumbs. Bake in moderate oven until thickened as a custard.—Mrs. Rosalind A. Redfearn.

ENGLISH ONIONS

12 small onions
3 tablespoons cheese
2 tablespoons butter
¾ cup white sauce
½ teaspoon salt
½ cup bread crumbs

Parboil the onions in salted water. Drain. Sprinkle half of crumbs in bottom of an oiled baking dish. Add the onions, sprinkle on the cheese and then the remainder of the bread crumbs. Dot with butter and pour a thin white sauce over the mixture. Season with salt. Brown in a moderate oven. This is very good.—Mrs. Rosalind A. Redfearn.

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POTATOES

Peel and cut potatoes in cubes. Put in kettle with just enough water to cook them for 20 minutes, add salt to taste. The water should dry out and leave the potatoes crumbly, but in whole pieces. Sprinkle grated cheese over the potatoes in the kettle, add white sauce almost to cover, let stand on stove till cheese melts and serve at once. This is delicious.

—Mrs. Rosalind A. Redfearn.

PARSLEY POTATOES

Cook potatoes and dice, adding salt and pepper. Make rich cream sauce, put potatoes into sauce pan, turning gently until piping hot, add finely chopped parsley last thing and serve at once. An appetizing supper dish.

—Mrs. J. D. Horne.

BAKED TOMATOES

To 1 quart of tomatoes put 1 cup of sugar, 2 biscuits broken into small bits, a tablespoon of butter, salt and pepper to taste. Bake in earthen or pyrex dish.

STUFFED TOMATOES

1 doz. large tomatoes
1 lb. cold beef
1 slice boiled ham
1 teacup stale bread crumbs
2 eggs
1 onion
Salt and pepper

Slice off ends of tomatoes, scoop out seed and sprinkle inside with salt and pepper. Mix the beef and ham, chopped fine, the bread crumbs, well-beaten eggs, fried onion (minced), and season with salt and pepper. Stuff tomatoes and bake for 1 hour.—Mrs. Ben I. Dunlap.

GUMBO

Cut up one quart of okra, add 1 quart of tomatoes, 1 small minced onion, 2 tablespoons of Franklin sugar, 1 tablespoon of butter, salt and pepper to taste. Cook slowly.—Mrs. F. M. Little.

STUFFED PEPPERS

6 green peppers
2 cups ground ham
1 small onion
2 teaspoons salt
2 tablespoons butter
½ teaspoon pepper
2 cups bread crumbs
1 cup milk

Split peppers lengthwise and remove seed. Parboil 15 min., stuff with the filling mixed in order given. Add a layer of bread crumbs and small pieces of butter on top. Put in oven and brown.

—Mrs. C. N. Ingram, Darlington, S. C.

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STEAMED RICE

1 cup rice 2 quarts boiling water 1 tablespoon salt.

Wash and pick rice. Drop into boiling water and boil unttil tender. Drain and wash in cold water. Put in colander and steam until dry. Do not cover while steaming.—Mrs. C. C. Green.

FRIED EGG PLANT

Slice about ¼ inch thick, let stand in salt water ½ hour, dry slices with cloth, roll in meal and fry in hot fat. Summer squash delicious prepared in similiar manner.—Mrs. T. C. Coxe.

BAKED EGG PLANT

Use medium-sized egg plant and bake until tender. Cut in halves (lengthwise). Hollow out center and season with salt, pepper and butter. Replace in hull, sprinkle top with bread crumbs and bit of butter. Place in pan with little water, return to oven and brown.—Mrs. Thomas C. Coxe.

SPICED SWEET POTATOES

Boil small potatoes. Make syrup of two cups sugar to one cup water. Add ½ cup butter, cinnamon, spice, and cloves. Let come to a boil. Place potatoes in pan, pour syrup over them and bake.—Mrs. Henry Little.

SWEET POTATOES WITH ORANGE

Boil and quarter good potatoes. Place layer in casserole, layer brown sugar and butter, and several round slices of fresh orange. Continue process until dish is filled. Then add sufficient water and bake.

—Shelley Rose.

IRISH OR SWEET FRENCH FRIED POTATOES

Wash and pare small potatoes, cut in six or eight, lengthwise pieces and soak one hour in cold water. Remove from water, dry between towels and fry in deep fat. Drain on brown paper and sprinkle with salt. The fat should not be too hot, as the potatoes should cook as well as brown.

SARATOGA CHIPS

Slice potatoes very thin with a vegetable slicer, and let stand in cold water. Dry between towels, put in wire basket and cook in very hot deep fat until a delicate brown. Remove, place on brown paper to drain and sprinkle with salt. Do not have too many slices in basket at once, as this will cool the fat.—Mrs. L. B. Dawson.

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DEVILED SPAGHETTI

3 tablespoons butter
1 tablespoon chopped onion
1 tablespoon chopped green pepper
1 minced small clove of garlic
½ box cooked spaghetti
3 tablespoons Melrose flour
2 cups milk
1 can deviled ham, or minced ham
¼ teaspoon Worcestershire sauce
¾ cup grated cheese.

Melt butter, add onion and green pepper, and cook for a few minutes. Add flour and blend thoroughly. Add milk slowly and cook until thickened, stirring constantly. Add ham, sauce, and salt if necessary. Put spaghetti in a baking dish, pour the sauce over it, and sprinkle with grated cheese. Bake slowly until cheese is melted. Serves eight.—Mrs. R. B. Hardison.

SPAGHETTI

1 large box spaghetti
1 qt. tomatoes
⅛ lb. breakfast bacon
½ lb. cream cheese.
1 onion and 4 large green peppers.

Sauce: Cut peppers in small pieces, add tomatoes, cook slowly 30 minutes. Chop onion and bacon fine, fry until light brown, and add grease and all to the tomatoes and peppers. Salt to taste. Dash red and black pepper. Cook spaghetti in salt water 30 minutes, drain and wash in several cold waters to avoid sticking. Add to tomato sauce, cook slowly 10 minutes, add cheese cut fine, and remove from stove as soon as it melts. Use large vessel and cook on top of stove.—Mrs. David Browder.

SWEET POTATO SURPRISE

Delicious with fried chicken or cold meat for luncheon or dinner. Can be fried any time and reheated in the oven at mealtime or even the next day.

2 cups riced sweet potatoes
1 egg well beaten
Dash of red pepper
½ cup crushed corn flakes
8 marshmallows
½ teaspoon salt

Boil and peel potatoes and put through ricer. When cool add egg, salt and pepper. If mixture is too dry add a little sweet milk. Flour hands if necessary and form into 8 round balls with one marshmallow hidden in the center of each. Roll in the corn or bran flakes that have been finely crushed and fry in hot Crisco. Fry until nicely brown and drain on oil paper.
—Mrs. R. T. B. Little.



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Breads

BEATEN BISCUIT

1½ pounds Melrose flour
8 oz. lard
½ pound liquid (two-thirds milk)
2 teaspoons salt
4 tablespoons sugar
Pinch of Royal baking powder.

Roll until dough blisters. Cut in small biscuit and bake in moderate oven.
—Grace Allen.

SPOON BREAD

1 pint sweet milk
1 cup corn meal
1 teaspoon salt
2 eggs
Butter size of an egg.

Make mush by sprinkling meal in hot milk. Let cool, add eggs and butter, cook in oven 40 minutes.—Mrs. Myrtle Bridger.

MEAL MUFFINS

1 pint of sifted water ground meal
1 pint of buttermilk
1 teaspoonful of soda
2 eggs
Salt to taste
1 large tablespoon melted lard

Mix. Add soda just before cooking in muffin tins in hot oven.
—Mrs. T. L. Caudle.

CORN BREAD STICKS

1 qt. meal
½ cup Melrose flour
2 eggs
1 cup sour milk
Enough water to make batter soft
1 teaspoon salt
1 teaspoon Royal baking powder
½ teaspoon soda
½ cup shortening

Sift together meal, flour, and other dry ingredients. Add well beaten eggs, water, milk, and melted shortening to this and beat thoroughly. Pour in well greased hot irons and bake.—Miss Pansy Staton.

NUT BREAD

1 cup sugar
1 cup raisins
3 teaspoons Royal baking powder
1 teaspoon salt
3 cups flour
1¼ cups sweet milk
1 cup black walnut or pecan meats.

Mix and bake in moderate oven in loaf.—Mrs. W. E. Carpenter.

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BOSTON BROWN BREAD

½ cup brown sugar
1 cup sour milk
2 tablespoons molasses
1 teaspoon soda
½ teaspoon salt
1 cup raisins
½ cup nuts.

Sufficient quantity of graham and white flour (using twice the quantity of graham) to make dough of proper consistency. Bake in loaf about 3 hours.—Mary Allen Huntley.

RUSK

3 eggs
2 cups of sugar
2 cups of sweet milk
2 quarts Melrose flour
1 cup of butter and lard mixed
2 cakes Fleischmann yeast.

Scald the milk. Dissolve yeast in ½ cup of tepid water, beat eggs light, add 1 cup of sugar, then cooled milk and yeast, then flour. Let it rise at night in warm place, and in the morning add to the sponge 1 cup of sugar, the butter and lard and flour enough to make a stiff dough; let rise again and when light (doubled in bulk) mould and bake as other rolls.

—Mrs. T. L. Caudle.

LUNCH ROLLS

1 cake Fleischmann's yeast
1¼ cup milk
1 tablespoon sugar
2 tablespoons butter (heaping)
1 egg
1 teaspoon salt
Flour to make a stiff dough.

Scald milk, add sugar, salt, and butter. When lukewarm, add yeast cake dissolved in ½ cup water, and well beaten egg. Pour into bowl, and add enough flour (about 3 cups) to make a sponge. Set in warm place, and allow to rise for 2 or 3 hours. When light, add enough flour that dough can be kneaded. Cut and fold in center, place one-half inch apart in well greased pans. When double their bulk, bake in hot oven.—Mrs. W. L. McKinnon.

DENVER BISCUITS

1 pt. sweet milk scalded and cooled
1 yeast cake dissolved in ½ cup water
½ cup lard
½ cup sugar
½ cup mashed Irish potatoes
1 teaspoon salt
1 teaspoon soda
½ teaspoon Royal baking powder
7 cups flour.

Mix to medium soft dough, place in bowl, grease over the top. Let rise until doubled in bulk. Knead and make out into rolls. Let stand from 1 to 1½ hours in warm place. Bake in rather hot oven about fifteen to twenty minutes.—Mrs. J. H. McIver.

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ROLLS

1 cake Fleischmann's yeast
½ cup sugar
3 cups lukewarm water
½ cup lard
1½ teaspoons salt
6 cups flour

Dissolve yeast and sugar in warm water. Let stand about 10 minutes. Sift flour and salt together, add lard, knead well into flour, then use the liquid to make soft dough. Knead well until smooth, put dough in greased bowl and grease dough on top and let stand in cool place overnight, then knead down and put in warm place to rise again. Make out rolls 2½ hours before time to cook. Make out rolls, put in greased pans, grease on top and let rise to twice their bulk. Bake in moderate oven.--Mrs. W. H. Carter.

TEA SCONES

½ pound flour
1 tablespoon Sultanas
2 teaspoons sugar
2 teaspoons butter
2 teaspoons Royal baking powder
Sweet milk to make a soft dough
Pinch of salt.

Mix flour, sugar, baking powder, salt, rub in butter, add floured raisins and milk to make a soft dough. Roll, shape in mounds about the size of saucer. Divide each mound into four sections with back of knife. Bake in hot oven about 10 minutes.—Mrs. J. F. Hamaker.

EVERLASTING ROLLS

1 qt. sweet milk ½ cup sugar. 1 cupful lard

Bring to boiling point, remove from fire, when lukewarm, dissolve in it 1 cake commercial yeast. Sift in enough flour to make consistency of cake batter, about a heaping quart. Put in warm place two hours. Then sift 1 tablespoonful salt, 1 rounded teaspoonful soda, 1 heaping teaspoonful baking powder. Work in about 1 quart of flour or until you can handle the dough. Shape or roll and cut as many rolls as you wish for that meal. Set in warm place to rise two hours before baking. Put remainder of dough in ice box or some cool place as it will keep a week or more.

—Corinne Horne Leath, Rockingham, N. C.

SALT RISING BREAD

Seven tablespoons sweet milk brought to boiling point. Stir in meal to make stiff batter overnight. Next morning take,

1 cup sweet milk
1 cup hot water
2 teaspoons sugar
½ teaspoon salt
Pinch of soda.

Add enough flour to make stiff batter. Then add meal and milk scalded the night before. Keep same temperature until it rises. Then add ½ teaspoon salt. Make into loaves, let rise and bake.—Mrs. J. M. Wall.

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BIRTHDAY BREAD

Place risen bread dough in pie pan about ½ inch thick. With fore finger make holes in dough and fill with following:

1 cup brown sugar 1 teaspoon cinnamon. ½ cup butter

Cream filling thoroughly, fill holes, and set aside for one hour. Bake in moderate oven and slice as pie.—Mrs. Z. V. Walser, Lexington, N. C.

ROSE GEMS

1 egg
1 cup sweet milk
1 tablespoon butter
1 tablespoon sugar
½ teaspoon salt
One and two-thirds cups Melrose flour
2 teaspoons Royal baking powder

—Shelley Horne Rose.

FLOUR MUFFINS

2 cups Melrose flour
3 cups sweet milk
4 well beaten eggs
Pinch of salt.

Mix all ingredients and beat well. Have greased muffin rings hot, and bake quickly.—Miss Alice Little.

TWIN MOUNTAIN MUFFINS

4 tablespoons butter
1 teaspoon sugar
2 cups Melrose flour
1 egg
½ teaspoon salt
3 teaspoons Royal baking powder
1 cup milk.

Melt the butter, add sugar and egg. Sift salt, flour and baking powder together and add to this. Add the milk and beat smooth. Bake in greased tins about 20 minutes.—Mrs. G. S. Ledbetter.

CREAM MUFFINS

1½ cups Melrose flour
One-third teaspoon salt
1½ teaspoons Royal baking powder
2 eggs
¼ cup melted butter
Two-thirds cup thin cream
1 teaspoon sugar.

Sift together the flour, salt, baking powder and sugar, add yolks of eggs, butter, and cream. Beat well, then fold in stiffly beaten whites of eggs. Put in greased muffin pans and bake about 20 minutes in moderate oven.

—Grace Allen.

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WAFFLES

1½ cups Melrose flour
2 teaspoons Royal baking powder
½ teaspoon salt
1½ cups milk
2 eggs
½ cup melted butter.

Sift dry ingredients. Add milk and egg yolks beaten together. Beat until smooth and add butter slowly. Lastly, add stiffly beaten whites.

—Mrs. H. G. Clark.

BREAD OMELETS

1½ cups bread crumbs
½ cup boiling water
1 cup sweet milk
½ teaspoon salt
4 eggs
1 tablespoon butter
Black pepper.

Fry like batter cakes, only roll instead of turn. Use a very little lard in frying pan.—Miss Nancy L. Little.

QUICK SALLY LUNN

1 scant cup sugar
½ cup butter or Crisco
3 eggs
1 cup milk
Salt as for biscuits
Flour enough to make consistence of cake batter—Melrose
2 teaspoons Royal baking powder

Mix cream, sugar and shortening. Beat in eggs one at the time. Then alternate with milk and flour and last add baking powder—Royal. Bake in spout pan. Serve hot with good butter.—Mrs. Elliot Boswell.

DELICIOUS RISEN SALLY LUNN

1 qt. flour—Melrose
2 eggs beaten light
½ cup butter and lard mixed
½ cup sugar
Salt as for biscuits
1 yeast cake.

If too stiff, use a little milk. Beat in a bowl and set aside to rise. When risen, beat up and put in your muffin tins and let rise again and bake.

—Mrs. Elliot Boswell.

CHEESE STRAWS

3 oz. grated cheese
2 oz. butter
2 oz. Melrose flour
Yolk of one egg.

Mix into stiff paste. Add salt and cayenne pepper to taste. Bake in moderate oven.—Mrs. T. C. Coxe.

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FRITTERS

2 cupfuls Melrose flour
3 teaspoonfuls Royal baking powder
4 tablespoonfuls corn starch
8 tablespoonfuls sugar
½ teaspoonful salt
2 eggs—separated
½ cup milk
2 tablespoonfuls butter

Mix flour, baking powder, salt and sugar and sift three times. Add beaten yolk and milk alternately to flour mixture; then add butter and beat until smooth. Finally, fold in stiffly beaten egg white. Drop by spoonfuls into plenty of hot, but not smoking fat. Fry golden brown, and lay on absorbent paper.

Use this batter for plain fritters and for fruit and sweet fritters of all kinds. In using vegetables omit the sugar.—Mrs. Henry Little.

COLD BISCUIT CAKES

1 egg beaten light
2 cups milk
1 tablespoon melted lard
1 teaspoon soda
1 teaspoon sugar
2 cups Melrose flour
½ cup grated bread crumbs
½ teaspoon salt
1 teaspoon Royal baking powder.

Mix all ingredients, adding bread crumbs last. If too thick, thin with sweet milk.—Miss Anna Boggan.

BATTER BREAD

1 cup yellow or white corn meal
2 cups hot sweet milk
2 teaspoons Royal baking powder
2 eggs
2 tablespoons butter or substitute
1 teaspoon salt
1 heaping teaspoon sugar (may be omitted.)

Pour hot milk over meal and salt, let stand until cold, then add melted butter and well beaten eggs. Sift in baking powder, mixing it thoroughly but quickly. Do not bake too quickly.—Mrs. W. N. Jeans.

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Salads & Salad Dressings

JELLIED CHICKEN

Boil chicken until tender enough to drop from bone and has 1 pt. extract left in kettle. Leave out skin and giblets, grind meat and add 2 tablespoons lemon juice, butter the size of an egg, salt and pepper to taste. Pour boiling chicken liquor over 1 tablespoon gelatine, dissolved in ¼ cup cold water. Pour this over chicken mixture and pour in mold to harden. Slice and serve on luttuce with mayonnaise.—Mrs. Chas. M. Burns.

STUFFED TOMATO SALAD

Peel and hollow out with sharp knife, sprinkle with salt inside and out, turn upside down on platter and put in refrigerator to chill while draining. Stuff with either minced ham or crisped bacon, celery, green pepper, stuffed olives and a little onion juice or onion. Cucumber may be added if desired. Mix with a little mayonnaise and put a dab of mayonnaise on top with a sprinkle of paprika. Serve on lettuce leaf.—Mrs. T. L. Caudle.

POTATO SALAD

Three cups cold diced Irish potatoes
½ cup chopped celery
½ cup chopped cucumber pickles
½ cup chopped sweet green peppers
½ chopped onion
Salt and cayenne to taste.

Mixed with three parts cooked French dressing and 1 part mayonnaise dressing. Top with dab of mayonnaise and serve with chilled sliced tomatoes on crisp lettuce leaf.—Mrs. T. L. Caudle.

ASPARAGUS SALAD

Put fresh cooked or canned asparagus on ice until cold. Serve on lettuce with mayonnaise or French dressing.

A pretty addition is to slip each serving through a ring of green pepper and add a long strip of canned pimiento to top.

—Mrs. Ted Coggeshall, Darlington, S. C.

SHRIMP SALAD

2 cans shrimp
1 small bottle stuffed olives
12 small chopped pickles
2 green peppers, chopped
2 tablespoons white pickled onions.

Tomatoes cut in quarters served on each plate.

Cut shrimp into small pieces, add olives, pickles, onion and pepper. Mix with French dressing and chill. Serve in green pepper cups or on lettuce, capped with mayonnaise. Make lobster salad same way, only add one cup finely chopped celery.—Miss Elizabeth Horne.

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POINSETTIA SALAD

Use pimiento for the petals, strips of green pepper for the stems, and bits of cheese mixed with mayonnaise for center. Appropriate for Xmas.
—Mrs. W. P. Broome.

STUFFED CELERY SALAD

Hearts of celery stuffed with creamed Roquefort cheese and nuts. Serve on crushed ice.—Mrs. J. M. Lytch.

CHERRY SALAD

1 can white cherries
1 cup nut meats
Seed cherries and stuff with nuts. Serve on crisp lettuce leaves with mayonnaise on top.—Grace Allen.

FROZEN CHEESE SALAD

1 pt. cream
3 pkgs. cream cheese
2 green peppers
1 tablespoon onion juice
2 tablespoons India relish
1 cup nuts
A few drops of Tabasco and Worcester sauce. Freeze. Blend cream and cheese and add other ingredients.—Mrs. Robert Randolph Simmons.

COLD SLAW

One egg well beaten with 2½ tablespoons sugar and 1 teaspoon flour, two-thirds cup vinegar. Put on and cook until boiling, stirring constantly. When cold, stir in one-third medium stalk of celery cut fine, and ½ head shredded cabbage.—Miss Johnsie Dunlap.

DELICIOUS SLAW

1 small white cabbage
3 medium green peppers
3 medium red peppers
1 large onion
Mayonnaise
Cut cabbage, peppers and onion in strips with sharp knife. Mix with mayonnaise which is well seasoned, and chill.—Mrs. W. J. Gulledge.

FROZEN FRUIT SALAD

2 large oranges
½ can white cherries
2 bananas
1 small bottle red cherries
¼ lb almonds
1 pt. heavy cream

Chop fruit and nuts. Let stand in French dressing 3 hours, drain of all juice, mix with whipped cream, pack in ice and salt and let stand 4 hours. Serve with mayonnaise.—Mrs. John W. Griggs.

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OLD FASHIONED POTATO SALAD

10 large Irish potatoes
4 green sweet peppers
4 red sweet peppers
4 hard-boiled eggs
1 onion
Mayonnaise

Boil potatoes in jackets until tender enough to cube. Cut potatoes and eggs into small pieces. Shave or grate onion. Use enough mayonnaise to mix well. Serve on lettuce.—Mrs. W. J. Gulledge.

ASHEVILLE SALAD

1 can tomato soup
3 pkgs. cream cheese
2 tablespoons gelatine
½ cup cold water
1 cup mayonnaise
1½ cups chopped celery
Green pepper and onions.

Bring tomato soup to boiling point and add the cream cheese. Stir until smooth then add gelatine which has been softened in cold water. When mixture is partly cooked add the mayonnaise and chopped vegetables. Nuts may also be added. Chill in one large mold or small ones and serve in slices on lettuce garnished with olives and mayonnaise.—Mrs. R. E. Little, Jr.

LETTUCE ROLLS

1 head lettuce
1 cupful cottage cheese
½ cup seedless raisins, chopped
½ cup chopped nut meats
½ cup mayonnaise
Pinch of salt.

Mix all ingredients together, use larger leaves of lettuce to spread mixture on and roll up like jelly roll. This makes about twelve rolls. If wished, these may be garnished with nasturtium blossoms.—Mrs. Elliot Boswell, Va.

PINEAPPLE BAVARIAN SALAD

1 can No. 2 crushed pineapple
1 cup sugar
1 envelope plain gelatine
Juice of one lemon.

Boil pineapple and sugar together for five minutes. Dissolve gelatine in cup of cold water, add one cup boiling water, juice of the lemon, and pinch of salt. Add pineapple, and when the mixture begins to congeal, add ½ pint cream, not whipped, and ½ lb. grated cheese.—Mrs. J. W. Massemore.

FRUIT SALAD SPECIAL

6 medium sized apples, diced
1 cup celery, diced
2 tablespoons mayonnaise
One-third cup chopped nut meats
1 large can pineapple, drained
½ pound chopped dates
1 pint raspberry or strawberry Jell-O
½ pint whipped cream
½ pint whipped cream.

Mix apples, celery, pineapple, dates, mayonnaise, and a fourth of the whipped cream. Arrange alternately with stiffened gelatine and the rest of the whipped cream in a salad bowl. Spread cream on top and sprinkle with nut meats.—Mrs. J. H. Tice.

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TOMATO JELLY ASPIC

1 envelope unflavored gelatine
1 can tomatoes
½ onion
1 teaspoon celery seed or
1 cup chopped celery
2 tablespoons Tarragon vinegar
1 bay leaf
2 cloves
Dash cayenne and allspice
Sugar to taste.

Add ½ cup cold water to the gelatine and set aside to soften. Cook all ingredients together ten minutes, with the exception of the gelatine and vinegar. Pour into molds (which have been rinsed in cold water) and let stand over night. Serve in nest of lettuce leaves with mayonnaise.

—Mrs. C. H. Sutherland.

GINGER ALE SALAD

Soak 2 tablespoons granulated gelatine in 2 tablespoons cold water, and dissolve in one-third cup boiling water. Then add ¼ cup lemon juice, 2 cups sugar, a few grains salt and 1 cup ginger ale. Let stand until mixture begins to set, and fold in one-third cup malaga grapes, skinned, seeded and cut in halves, one-third cup celery, cut in slices crosswise, one-third cup of apples cut fine, 2 tablespoons Canton ginger, cut in small pieces, and 4 tablespoons canned pineapple cut in small cubes. Pour in mold, chill and turn on serving dish and garnish with lettuce, curled celery, and cream mayonnaise dressing.—Mrs. E. S. Ashe.

JEWEL SALAD

1 envelope Knox gelatine
1 cup cucumber
1 cup sliced canned pineapple
¼ cup cold water
¼ cup boiling water
¼ cup vinegar
¼ cup sugar
Two-thirds cup pineapple syrup
1 tablespoon vinegar
1 tablespoon lemon juice
Pinch salt.

Pare, chop and drain cucumber and pineapple. Dissolve gelatine (which has been soaked in cold water) in boiling water. Add other ingredients and turn into mold.—Miss Elizabeth D. Horne.

MARION CLUB SALAD

1 quart cream
1 quart mayonnaise
1 box Knox gelatine
¾ cup sugar
½ lb. blanched almonds
1 teaspoon salt
1 can Royal Anne cherries
2 cans sliced pineapple.

Soak each envelope of gelatine in a cup of pineapple juice 5 minutes. Add 1 pint boiling water. Add sugar and put in cool place. Whip cream stiff and place on ice. Cut pineapple and almonds in small pieces, and seed cherries. As soon as gelatine begins to congeal add in the following: cream, mayonnaise, cherries, pineapple, almonds and salt. Serve with mayonnaise. Will serve twenty.—Mrs. C. S. Brasington.

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FRUIT SALAD NO. 1

1 can sliced pineapple or pear
1 lb. white grapes
½ lb shelled pecans
½ lb. marshmallows

Cut up pineapple, grapes (cherries may be substituted) and marshmallows. Drain off juice and combine with the following dressing 3 hours before serving:

Dressing

Juice of two oranges
Juice of two lemons
2 eggs
2 tablespoons corn starch
2 tablespoons sugar.

Mix well with beaten eggs and cook carefully (in double boiler) until it thickens. When cold add one half pint of cream whipped.—Mrs. W. O. Goode.

FRUIT SALAD NO. 2

1 can peaches or apricots
1 can pineapple
1 package gelatine
1 can white cherries
Marshmallows.

Place in large pan, 1 layer pineapple, 1 layer peaches or apricots, 1 layer white cherries, 1 layer chopped marshmallows. Pour over all gelatine made by recipe on package, only using fruit juice instead of water. Leave in the refrigerator until congealed.

Salad Dressing

1 cup sweet milk
1 tablespoon sugar
1 tablespoon Melrose flour
½ tablespoon mustard
½ teaspoon salt
6 tablespoons Wesson oil
¼ cup vinegar
3 egg yolks.

Beat egg yolks and Wesson oil as for mayonnaise, add all other ingredients except vinegar, set on stove, stir until it come to boiling point. Pour in hot vinegar, stir constantly, and let boil a few minutes. Remove from fire and set aside. Just before serving, add ½ cup whipped cream, beat until smooth. When put on fruit salad, shake a little paprika on dressing.

—Mrs. G. K. Craig.

SALMON SALAD

½ tablespoon salt
½ tablespoon mustard
1 tablespoon sugar
½ tablespoon Melrose flour
1 can salmon
1 egg
¾ cup milk
¼ cup vinegar
½ tablespoon gelatine, soaked in ¼ cup water

Mix dry ingredients, add milk and egg. Beat slightly. Put over hot water, add vinegar slowly, and cook until thick like custard. Add soaked gelatine, dissolve and then add salmon, from which skin and bone has been removed. Diced celery can be added if desired. Mold, and serve on bed of lettuce leaves, garnished with cucumber and tomato sections.

—Mrs. H. H. Leavitt.

CHICKEN SALAD

Dice one well cooked and seasoned hen. Add one-third as much chopped celery and thoroughly mix with French dressing. Let chill. Top same with mayonnaise and serve on crisp lettuce leaf.

Cooked French Dressing for Chicken Salad

2 eggs
1 level tablespoon dry mustard
1 heaping tablespoon sugar
1 heaping tablespoon flour
1 level teaspoon salt
½ cup vinegar
1 cup milk
Butter size of an egg.

Thoroughly mix dry ingredients, beat yolks of eggs until light and add vinegar. Carefully smooth in dry ingredients after which add milk; put in double boiler and let thicken to the consistency of boiled custard. Add butter and fold in the whites well beaten. Chill. This is enough dressing for a large hen.—Mrs. T. L. Caudle.

DEVILED EGGS

Hard boil eggs, cut lengthwise and remove yolks, mix with highly seasoned mayonnaise. Sprinkle halved whites with salt, refill with yolks, and place stuffed olive in center. Or, season yolks with melted butter, vinegar, and a pinch of mustard and celery seed. Ground ham added makes a tasty change

—Mrs. Walter Rose.

TOMATO WITH STUFFED PEPPER SALAD

Remove seed from 3 medium sized green peppers, leaving clean, unbroken shells; run ½ pound of plain cheese and ¼ pound of pecan meats through meat grinder. Rub smooth with enough thick cream to make a stiff paste, season well with salt and red pepper and press firmly into pepper shells, filling them very hightly. Place directly on ice for several hours, slice and serve on lettuce leaves with slices of tomatoes.—Mrs. T. L. Caudle.

PERFECTION SALAD

1 envelope Knox gelatine
½ cup cold water
½ cup sugar
½ cup vinegar
Juice of 1 lemon
1 pt. boiling water
1 cup finely shredded cabbage
2 cups celery, cut fine
1 cup chicken or boiled ham, diced
¼ cup green peppers, diced
2 large ripe tomatoes cut in slices.

Soak the gelatine in water five minutes; add vinegar, lemon juice, boiling water, salt and sugar. Strain, and when beginning to set, add other ingredients. Turn into a mold and chill. Serve on lettuce leaves with mayonnaise.—Mrs. T. C. Coxe.

FROZEN FRUIT MAYONNAISE

3 cupfuls cream, whipped
2½ cupfuls mixed fruits, as maraschino cherries, candied pineapple, oranges, sliced peaches, stoned cherries, etc.
1 cupful mayonnaise
1 teaspoonful powdered sugar
1 teaspoonful granulated gelatine
2 tablespoonfuls cold water
Lettuce hearts

Cover the gelatine with the cold water and then set it over steam to melt. Beat into the mayonnaise. Combine this mixture with the whipped cream and powdered sugar, stir in the fruit, and pour into a mold which has been rinsed with cold water, Seal carefully, and bury in equal parts of ice and salt for four hours. Serve garnished with lettuce hearts or parsley.

—Mrs. Francis E. Liles.

CHANTILLY SALAD DRESSING

½ cup lemon juice
1 cup pineapple juice
1 teaspoon corn starch
1 cup orange juice
Yolk of 3 eggs
1 teaspoon vanilla.

Cook in double boiler until custard thickness. Add vanilla when cool. Fold in 1 pint cream.—Mrs. Frank Bennett.

MEXICAN MAYONNAISE

1 cup water
1 tablespoon vinegar
1 tablespoon Melrose flour
2 egg yolks
Wesson oil or olive oil.

Put water and vinegar on to boil, Add flour and cook until thick. Add egg yolks well beaten, and proceed as in mayonnaise, adding oil, sugar, salt, cayenne and lemon juice.—Mrs. W. H. Reddish, Morganton, N. C.

CREOLE SALAD DRESSING

½ cupful olive oil
5 tablespoons vinegar
½ teaspoon powdered sugar
1 teaspoon salt
½ tablespoon minced parsley
2 tablespoons chopped pimientoes
3 tablespoons chopped peppers
1 tablespoon minced onions

Mix thoroughly, let chill and shake well before using. A mason jar is best to shake in. It's good with asparagus, tomatoes, cucumbers, lettuce or romaine salad. Shake dressing until thick. It will keep for weeks on ice.

—Mrs. W. T. Rose.

ROQUEFORT DRESSING

To three tablespoons of mayonnaise dressing all three-fourths cup of mashed Roquefort cheese. Season highly with salt and cayenne.

—Mrs. C. N. Ingram, Darlington, S. C.

COOKED DRESSING FOR SLAW, OR SALADS

1 cup of milk
2 eggs
1 tablespoon Melrose flour
1 tablespoon sugar
½ tablespoon mustard
½ tablespoon salt
Celery seed, onion or garlic
3 tablespoons Wesson oil

Scald milk. Beat eggs slightly; add dry ingredients and oil, then slowly cook in the milk, beating well. When thick, add hot vinegar to taste.

—Mrs. R. E. Little.

DRESSING FOR FRUIT SALAD

Juice from 1 large can pineapple
2 egg yolks
¾ cup sugar
2 tablespoons butter
1 rounded tablespoon Melrose flour
Juice of 1 lemon.

Heat pineapple juice. Mix together egg yolks, sugar, butter, flour and lemon juice. Pour hot pineapple juice over this, then fold in two well-beaten egg whites. Cook in double boiler until thick. When cold, beat into this ½ pint whipped cream.—Mrs. Jas. S. Webb.

MAYONNAISE

1 teaspoon mustard
1 teaspoon salt
1 egg yolk
1½ cups Wesson oil
⅛ teaspoon pepper
⅛ teaspoon peprika
4 tablespoons lemon juice
Dash of cayenne.

Mix dry ingredients, add the egg yolk and mix well. Add the oil, a very little at a time at first, and beat constantly. When an emulsion is made add the oil and lemon juice alternately.

CREAMY SALAD DRESSING

Put into a double boiler, 4 lightly beaten eggs, and ½ cup each of vinegar and water. Stir over the fire until thick. Then add ½ cup butter. Mix together 1 teaspoon each of dry mustard and sugar and a pinch of cayenne pepper. Add a spoonful of the cooked dressing to these seasonings and stir until smooth. Add balance of dressing and thoroughly mix. Thin with milk or cream as needed. This will keep for weeks if kept in a cool place.

—Mrs. J. D. Maynard.

SALAD DRESSING

2 eggs
1 pt. milk
1 cup vinegar
1 tablespoon sugar
1 teaspoon mustard
1 teaspoon salt
2 tablespoons Melrose flour.

Make a paste of these ingredients by adding water, then stir in 2 eggs. Add this to a pint of sweet milk, place on stove, and when hot, add 1 cup vinegar. Stir constantly until it thickens. Just before removing from fire, add 1 tablespoon butter or Wesson oil. This dressing keeps well.

—Mrs. R. P. Lyon.

BOILED SALAD DRESSING

4 tablespoons melted butter
1 tablespoon Melrose flour
1 tablespoon sugar
1 cup milk
½ cup vinegar
1 teaspoon salt
1 teaspoon mustard
2 eggs
Dash cayenne pepper.

Stir butter and flour together; add milk, and let cook in double boiler until quite thick. Beat egg yolks slightly; add salt, pepper, sugar, mustard and vinegar, stir into the thickened mixture and cook until thick like cream. Remove from heat and pour into egg whites, beaten stiff, stirring constantly. This keeps for some time in a cool place.—Mrs. John Spencer, Walltown.

SALAD DRESSING

To Use The Yolks From Angel Food Cake—Cooked Dressing

12 egg yolks
½ cup vinegar
¼ cup water
1 qt. Wesson oil
1 lemon
2 teaspoons salt
2 teaspoons sugar
1 teaspoon mustard
Cayenne to taste

Mix vinegar and water; heat; add well beaten egg yolks and cook in double boiler until of the consistency of cream. When almost cold, beat in a portion of the Wesson oil, then the lemon juice and seasoning, and remainder of oil, beating continuously. This will keep for several weeks in the refrigerator.—Mrs. F. M. Little.

SALAD DRESSINGS

Thousand Island Dressing

1 cup mayonnaise
2 tablespoons Chili sauce
1 tablespoon chopped onion
1 tablespoon chopped pepper

Cucumber Sauce

1 cup mayonnaise
1 cup whipped cream
1 cup cucumber diced and drained

Dressing Tartare

1 cup mayonnaise
½ cup minced sweet pickle

California Dressing

1 cup mayonnaise
¼ cup minced ripe olives
¼ cup minced green olives.

Russian Dressing

1 cup mayonnaise
¼ cup pimientoes, chopped
2 tablespoons green pepper
2 tablespoons catsup

Manhattan Dressing

1 cup mayonnaise
1 hard cooked egg, chopped fine
1 tablespoon capers
1 tablespoon sweet pickle.
—Mrs. Rosalind A. Redfearnr.

ORANGE DRESSING

Yolks of two eggs
1 cup sugar
Juice two lemons
Grated rind of 1 orange
1 tablespoon Melrose flour
1 cup boiling water
1 tablespoon butter.

Beat yolks thoroughly, add sugar, flour, lemon juice and grated orange. Add butter to boiling water, combine and cook until thick. Add whipped cream when ready to serve.—Mrs. R. O. Crawley.

Sandwiches

The secret of good sandwiches depends largely on the dressing used to mix ingredients. For almost any mixture, use a good cooked dressing, which can be kept a long while in the ice box. Some mayonnaise should be added unless it is used in spreading the sandwich.

SURPRISE SANDWICHES

Use equal quantities of orange marmalade, pecan nuts and cream cheese. Mix thoroughly and spread on bread, with mayonnaise or butter.

CREAMED CHEESE SANDWICH

Grate cheese, mix well with boiled dressing. Add chopped nut meats. This is especially good made up with graham bread.

APPLE AND PEANUT BUTTER SANDWICH

Use equal amounts of peanut butter and tart apple sauce. Beat into a paste and spread on buttered bread.

HOT SANDWICHES

Cream cheese with a little cream and red pepper, a little salt and melted butter. Put on bread and toast quickly.

TONGUE SANDWICHES

Cook tongue until tender. When done, skin and put through food chopper. Mix with green peppers, chopped, or chow chow pickle. Mix with boiled dressing.

RAISIN AND PEANUT SANDWICH

Grind a cup of raisins with some peanuts, add a little cream or melted butter, spread on bread with mayonnaise. This sandwich is good on brown bread.

TOMATO AND NUT SANDWICH

Chop 3 medium sized tomatoes, add small green peppers, chopped fine, and ½ cup chopped nut meats. Mix with mayonnaise, place on lettuce leaf, and lay between thin slices of white bread, spread with mayonnaise.

DEVILED EGG SANDWICH

Mash 4 hard-boiled eggs fine and season with boiled dressing, celery seed, crisp bacon, or ground ham. A little pickle may be added. Spread bread with mayonnaise and use mixture as filling.

DATE SANDWICHES

½ cup dates
½ cup cream
½ cup walnut meats
Butter

Spread wheat bread with butter, mix other ingredients and fill with the mixture.

PIMIENTO CHEESE SANDWICHES

1 can pimiento
1 cup grated cheese
Boiled dressing or mayonnaise
Salt to taste

Chop pimiento fine, add cheese, and enough dressing to mix well.

CHICKEN SALAD SANDWICHES

1 cup boiled chicken
Two-thirds cup celery
1 hard-boiled egg
Boiled dressing or mayonnaise

Cut chicken, celery and egg fine. Mix with the dressing. Season with salt and pepper.

EGG SANDWICHES

1 cup grated cheese
3 hard-boiled eggs
Salt to taste
1 teaspoon celery seed
Little onion juice, mayonnaise, or boiled dressing

Mix ingredients and spread between thin slices of bread.

HAM AND CHICKEN SANDWICH

One-third cup butter
1 cup finely chopped cold boiled ham
1 cup cold chicken
Dash of salt
Paprika

Cream butter, add ham and chicken, then salt and paprika. Mix with dressing and spread on bread.

(Above group of recipes submitted by Mrs. R. P. Lyon.)

A SWEET SANDWICH

Three tablespoons lemon juice to 4 tablespoons peanut butter, ½ cup chopped pecans, and ½ cup seeded raisins chopped fine. Mix with mayonnaise and spread.—Mrs. Frank Covington.

SANDWICH FILLING

Rind of 1 lemon (grated)
Juice of 1 lemon
1 cup sugar
1 tablespoon butter
1 cup mayonnaise
1 raw egg
1 cup raisins
1 cup nuts

Mix and boil four minutes.—Mrs. Fred Helms, Albemarle, N. C.

CLUB SANDWICH

2 slices of bread
2 crisp lettuce leaves
2 slices white chicken meat
1 slice tomato
2 thin slices of cucumber pickle

Between slices of bread on which these have been placed, put a liberal spreading of mayonnaise dressing, and lay the chicken, cucumber and tomatoes. Press down and cut through diagonally with a sharp knife.

—Mrs. Bill Coxe, Darlington, S. C.



Pies

ORANGE CUSTARD (ORIGINAL)

1 cup sugar
2 tablespoons sugar
2 tablespoons cream
1 tablespoon corn starch
Juice of 2 lemons
Juice and little grated rind 1 orange

Mix ingredients thoroughly, cook in double boiler—spread on baked crusts. Use 4 egg whites for meringue, allowing 4 tablespoons sugar.

—Mrs. J. D. Leak.

BROWN SUGAR TARTS

3 cups brown sugar
1 tablespoon boiling water
Butter size of walnut
5 eggs
1 lemon, grated rind and juice
1 small nutmeg, grated

Bake in large or small pans, lined with pastry, until pastry browns and tart thickens.—Mrs. R. E. Little, Sr.

SWEET POTATO CUSTARD

4 eggs
1 cup sweet milk
1½ cups potatoes
2 cups sugar
1 cup butter
Nutmeg.

Mix ingredients and bake. Save whites of two eggs for meringue.

—Mrs. Virginia Pickett.

CARAMEL CUSTARD

2 cups brown sugar
2 tablespoons Melrose flour
5 eggs
1½ cups milk
½ cup butter

Cream butter and sugar together and beat until smooth; add flour then beat in one whole egg and three yolks, adding each separately; add milk and mix thoroughly. Pour into pie plates lined with pastry and bake a golden brown.

Meringue

4 egg whites beaten stiff, add 8 tablespoons sugar, and spread on top of pie and bake.—Mrs. C. C. Bennett.

LIGHT FLUFFY MERINGUE

When making meringue for pie or pudding, add half an egg shell of cold water for each white of egg before beating. It will greatly increase the quantity and no difference in quality can be detected. Just before any meringue is placed in oven, beat in a salt spoon of Royal baking powder. This prevents its falling when taken from oven.

—Mrs. A. D. Griffin, Peachland, N. C.

CHOCOLATE PIE

3 cups sugar
4 eggs (beaten separately)
2 cups sweet milk
Two-thirds cup butter
2 tablespoons corn starch
One-third cake Baker's chocolate
1 teaspoon Sauer's vanilla extract
½ teaspoon salt.

Mix all ingredients except egg whites, and cook to proper consistency in double boiler. Pour in previously baked crust and cover with meringue made of stiffly beaten whites and 2 tablespoons sugar to each white. Set in oven and brown slightly.—Mary Allen Huntley.

COCOANUT PIE NO. 1

3 eggs
Two-thirds cup sugar
1 cup grated cocoanut
⅛ teaspoon salt
Two-thirds cup of cocoanut milk
½ teaspoon Sauer's vanilla

Beat eggs, add sugar, salt, cocoanut, milk and vanilla, pour into an unbaked pie crust and cook in a moderate oven.—Mrs. H. P. Taylor.

COCOANUT PIE NO. 2

¾ cup sugar
2 eggs
2 tablespoons Melrose flour
Butter size of egg.

Cream ingredients together and cook in double boiler until thick. Add 1 cup cocoanut and pour into previously baked crust. Place pecans broken in halves on top. Spread with meringue made of the whites of two eggs and two tablespoons sugar, flavored with almond. Set in oven and brown.
—Mrs. C. H. Leonard.

MOLASSES PIE

1 cup molasses
Two-thirds cup sugar
4 tablespoons melted butter
2 eggs
2 teaspoons Melrose flour
¾ cup nut meats
2 tablespoons lemon juice or vinegar.

Mix all ingredients, line pie pan with pastry and bake.
—Mrs. K. W. Ashcraft

ORANGE PIE

¾ cup sugar
' tablespoons Melrose flour
. cup orange juice
1 tablespoon butter
3 egg yolks
Grated rind of 1 orange.

Mix grated rind, sugar, and flour together; add beaten egg yolks, orange juice and butter. Cook in double boiler until thick. Pour into baked pie crust and cover with meringue, made of stiffly beaten egg whites and 2 tablespoons sugar. Set in oven and brown.—Mrs. B. F. Bray.

RAISIN PIE

1 cup chopped raisins
½ cup sugar
2 tablespoons Melrose flour
2 tablespoons butter
Juice and grated rind ½ lemon.

Cover raisins and sugar with water and let boil until tender, about 10 minutes. Thicken with flour, moistened with cold water. Add butter, lemon juice, and a little of the grated rind. Fill baked crust with mixture, cover with meringue and set in oven to brown.—Mrs. H. E. Allen.

TRANSPARENT PIE

1 cup butter
2 cups sugar
4 eggs
1 lemon, juice and grated rind
Grated nutmeg.

Cream the butter and sugar, drop in the eggs, unbeaten, one at a time, add lemon and nutmeg. Line two pie pans with paste, and fill with the mixture. Bake. Serve cold.—Mrs. J. D. Horne.

ALLENTOWN PIE

Pare, core and quarter juicy tart apples. Line pie pan with pastry, and put in apples, neatly and closely together, covering with 1 cup brown sugar, into which has been mixed a little cinnamon. Drop small piece of butter over top and add a little water. Do not cover with top crust, but bake in slow oven until apples are tender. If the crust bakes before they are tender, cover with an inverted pan to hasten the cooking of the fruit. Cover with whipped cream.—Mrs. McLean Leath.

JELLY PIE

6 eggs
1 cup sugar
2 teaspoons corn starch
1 Glass jelly
½ cup butter
½ cup water

Beat eggs separately, mix all ingredients, folding in the stiffly beaten whites last. Cook in medium hot oven.—Mary Allen Huntley.

APPLE PIE

3 large apples
One-third cup water
1 cup sugar
2 tablespoons butter.

Peel apples, slice thin, put on crust and pour the sugar over them. Add water and top crust. When nearly done, glaze with butter.

—Miss Maude Knotts.

BROWN SUGAR PIES

Yolks of 7 eggs
½ lb. each brown and white sugar
½ lb. butter
Flavor, if desired

Beat until free from lumps. Bake in pie pans lined with rich pastry.
—Mrs. J. L. Little, Morven, N. C.

CHESS PIE

2 cups sugar
1 cup butter
4 eggs
1 teaspoon Sauer's lemon extract

Beat eggs, add sugar, melted butter, and extract. Put in pie pan lined with pastry and bake.—Mrs. W. F. McQueen.

LEMON PIE WITH MERINGUE

1 tablespoon corn starch
¾ cup sugar
Pinch of salt
3 eggs
Juice of 1 lemon
1 cup water.

Mix the sugar and corn starch, add yolks of eggs and one white, well beaten. Add the lemon juice and water. Bake in pan lined with rich pie crust, in moderate oven. Make meringue of 2 whites, beaten stiffly, and ½ cup powdered sugar. Put in oven and brown.—Mrs. B. E. Bennett.

LEMON PIE

3 eggs
Juice and rind of 1 lemon
3 tablespoons hot water
½ cup sugar
Pinch of salt

Line pie pan with pastry and bake. Put filling in double boiler and cook slowly until thick, stirring constantly. Have whites of eggs beaten stiff and add to them ½ cup sugar. Fold into the cooked mixture and put in pie shell. Slip into oven and brown on top.—Mrs. R. B. Boylin.

BUTTER SCOTCH PIE

1 cup brown sugar
2 tablespoons Melrose flour
2 tablespoons butter
2 egg yolks
(use whites for meringue)
1 cup milk.

Cream butter, sugar, and flour. Mix eggs in milk and heat to boiling point. Remove from fire and pour over sugar, butter and flour. Mix well and let boil until thick. Pour into pastry which has been browned. Beat the whites of eggs, sweeten and spread over top of pie. Put in oven and brown.—Mrs. T. C. Coxe.

FOOLISH PIE

6 egg whites
2 cups sugar
2 tablespoons vinegar
1 teaspoon Sauer's vanilla
Whipped cream.

Beat egg whites five minutes; add sugar gradually; beat another five minutes; add vinegar; beat another five minutes; add vanilla. Bake in buttered pie plates in slow oven until pie crust is crisp. This makes two pies.

Spread whipped cream over pie crust after it cools. Sprinkle fresh strawberries over cream, or any fruit desired.—Mrs. Morgan Sauls.

BOSTON CREAM PIE

1 pint milk
2 eggs
1 cup sugar
½ cup Melrose flour

Put milk in boiler and set on stove. Break eggs in bowl, add sugar and flour, beat well, and stir into milk just as it begins to boil. Add 1 tablespoon butter and cook until it thickens. Flavor with Sauer's vanilla.

Pastry

3 eggs
1 cup granulated sugar
1½ cups Melrose flour
1 teaspoon Royal baking powder
2 tablespoons cold water.

Beat eggs separately, add other ingredients and bake in 2 pie tins. When cool, split cakes, making two layers and put together with cream filling.

—Ethel B. Dunlap.

CREAM PIE

3 eggs
1½ cups sugar
1½ teaspoons Royal baking powder
½ cup cold water
One and two-thirds cups flour
Sauer's extract (lemon or vanilla)

Beat eggs and sugar 10 minutes, then add cold water. Add flour with baking powder sifted into it 3 times. Bake in moderate oven .

Filling

1½ cups milk
2 eggs
2 tablespoons corn starch
1 cup sugar
½ cup butter
Sauer's vanilla extract

Heat milk slowly, and when it comes to a boil, add sugar and butter. Dissolve corn starch in a little milk, add well beaten eggs, and add slowly to the hot milk. When the mixture has thickened sufficiently, add vanilla. Split cake and spread between layers, and serve with whipped cream or chocolate sauce.—Mrs. W. H. Reddish, Morganton, N. C.

PINEAPPLE PIE

Mix one cup sugar, level tablespoon starch, add one cup boiling water, three-fourths cup syrup drained from can of crushed pineapple. Bring to boiling point stirring constantly; cook in double boiler 30 minutes. Add two beaten egg yolks, cook 30 minutes longer, stirring constantly. 1 tablespoon butter. Add ¾ cup drained crushed pineapple, juice of ½ lemon then pour into baked crust and cover with meringue, and brown over.

—Mrs. Ted Coggeshall, Darlington, S. C.

PEACH PIE

¼ can peach juice — 6 tablespoons butter
¾ cup brown sugar — 3 tablespoons Melrose flour
2 teaspoons of lemon juice

The above ingredients to be made into a sauce. Line pan with pie pastry, cover with peaches, bowl side up; pour sauce over this and use strips of pastry for top crust. Bake in moderate oven.

—Mrs. Ted Coggeshall, Darlington, S. C.

NEVER FAIL PIE CRUST

2 rounded tablespoons lard — Pinch of salt — 1 cup Melrose flour

Rub together until well blended, add enough water to make a stiff dough.

—M[illegible] W[illegible]ll.

CREAM PUFFS

One-half cup butter melted in one cup hot water; put in pan on stove to boil. While boiling, stir in one cup Melrose flour; take off and let cool; when cold, stir in three eggs, one ofter the other without beating. Drop on buttered tins and bake in a hot oven twenty to thirty minutes. Cut off tops and fill with cream filling.

Filling

1 cup milk — 1 egg — ½ cup sugar

Thicken with corn starch and flavor with Sauer's vanilla.—Mrs. T. C. Coxe.

Puddings

PRUNE WHIP

20 stewed prunes
½ cup black walnut meats
Whites of 7 eggs
4 tablespoonfuls sugar

To stiffly beaten egg whites add sugar, chopped prunes and walnuts. Bake in water bath until a biscuit brown. Serve with a custard sauce and whipped cream.—Mrs. H. B. Covington.

FRUIT CREAM

2 cups sliced pineapple
2 cups marshmallows
1 cup bananas
1 cup heavy cream

Drain pineapple and cut in cubes; cut marshmallows in four pieces and mix lightly with pineapple. Pour pineapple juice over diced bananas and let stand. Just before serving, drain then add to pineapple and marshmallows; then to this mixture fold in stiffly whipped cream. Garnish with cherries or strawberries.—Mrs. J. T. Austin.

MAPLE CHARLOTTE

1 egg [illegible]
syrup
1 pkg. Knox gelatine
1 pint whipped cream
⅛ teaspoon salt
Sauer's vanilla extract

Dissolve gelatine in cold water, then add enough water to make a pint. Heat syrup, beat egg, and mix. When mixture gets cold, whip the cream and add all together. Let stand over night.—Mrs. Annie C. Winburn.

BANANA NOISETTE

½ doz. bananas
½ cup walnut meats

Grind nut meats and roll bananas in this with a little brown sugar and nutmeg flavor. Put a little butter in pan and bake to a nice brown, then add one-half cup cream and serve.—Mrs. A. D. Griffin.

CHARLOTTE RUSSE

½ box gelatine
½ pint tepid water
1 pint whipped cream
5 egg whites

Dissolve gelatine in water, strain and add sugar to taste. Add whipped cream and fold in stiffly beaten egg whites. Add ½ cup chopped almonds. Flavor to taste. Garnish with cherries. Serves eight.—Mrs. R. L. Hardison.

CHOCOLATE BLANC-MANGE

½ box gelatine
4 oz. chocolate
1 qt. sweet milk
1 cup sugar

Soak gelatine in enough cold water to cover it until dissolved. Boil milk, sugar and chocolate five minutes. Add gelatine and boil five minutes more, stirring constantly. Flavor with Sauer's vanilla and serve with pink colored cream. For tea, make in morning; for dinner, night before.

—Mrs. J. M. Covington

MARSHMALLOW DESSERT

1 pound marshmallows
2 cups nut meats
1 bottle maraschino cherries
2 cups whipped cream
Sauer's vanilla extract

Cut marshmallows into small pieces and pour cherry juice over them. Let stand over night. Then add whipped cream, nut meats and cherries, cut fine. Put into refrigerator until ready to serve.

—Mrs. T. R. Troutman, Polkton, N. C.

SHREDDED WHEAT BISCUIT WITH STRAWBERRIES

Prepare strawberries as for ordinary serving. Warm biscuit in oven before using. Cut or crush oblong cavity in top of biscuit to form basket. Fill the cavity with berries and serve with cream or milk. Sweeten to taste. Peaches, blackberries, raspberries, blueberries, pineapples, bananas, and other fruit, fresh or preserved, can be served with Shredded Wheat Biscuit in the same way.

LEMON CREAM (DELICIOUS)

2 tablespoons corn starch
Juice and rind of 1½ lemons
1¼ cups sugar
2½ cups boiling water
3 eggs

Dissolve the corn starch in a little water, add the juice and rind (grated) of the lemon, the sugar, and boiling water. Add yolks of eggs, well beaten, and cook until it thickens. Stir constantly. Remove from fire and fold in whites of eggs, beaten stiffly. Let tcool before serving.—Hattie Knotts.

CRYSTALLIZED APPLES

Drop whole pared and cored apples into boiling syrup made of sugar and water, colored with pink vegetable coloring. When thoroughly done, lift out of syrup carefully to prevent breaking and place on platter to cool. Fill core with nuts and cap with a marshmallow, slightly brown.

—Mrs. W. O. Spencer, Winston, N. C.

SHORT CAKE

During fruit season there is nothing better than a good short cake. Beginning with strawberries, one may next use dewberries, blackberries, huckleberries, soft peaches, and even sliced apples that have been previously cooked. A good recipe for short cake is as follows:

2 cupfuls Melrose flour
1 teaspoon salt
4 to 6 tablespoons fat
4 teaspoons Royal baking powder
1 tablespoon sugar
¾ cupful milk 1 egg

Sift together the dry ingredients, then rub in the fat with the finger tips or the back of the mixing spoon until the mixture looks flaky. Pour in the milk to make a soft dough and roll on a floured board. Bake in one layer for a large short cake or cut with a biscuit cutter for individual short cakes. Bake in a hot oven for from 12 to 15 minutes. Split in two parts and put one quart of sweetened fruit between the layers and on top. Serve hot or cold with hard sauce or whipped cream. Garnish cream with two or three fresh berries.

Hard sauce is made as follows:

½ cupful butter
1 cupful powdered sugar
2 tablespoons cream
Sauer's flavoring to taste

Cream the butter and work in the sugar and cream alternately.

—Mrs. Rosalind A. Redfearn.

BOILED CUSTARD

5 eggs
1 qt. fresh milk
1 level teaspoon salt
1 teaspoon vanilla
5 heaping tablespoons sugar

Bring milk to scalding point without boiling; take from fire and pour slowly into well-beaten yolks of eggs with which have been creamed salt and sugar. Replace on fire in double boiler and stir until custard coats the spoon and is smooth and creamy. While quite hot, fold in the well-beaten whites and add vanilla. Chill before using.—Mrs. T. L. Caudle.

CHOCOLATE PUDDING

2 cups milk
4 teaspoons sugar
½ teaspoon vanilla
2 eggs
¼ cup chocolate
1½ teaspoons flour, dissolved

Boil milk and chocolate together. Beat yolks of eggs with sugar. Add flour and when thoroughly mixed, stir into boiling milk and chocolate. Cook until it thickens, stirring constantly. When thickened, add vanilla. Put into pan, cover with well-beaten whites of eggs, slightly sweetened. Brown in oven.—Mrs. T. A. Marshall.

FRUIT PUDDING

1 qt. canned fruit
1 pint Melrose flour
2 teaspoons Royal baking powder
1 teaspoon salt

Place fruit (cherries, blackberries, peaches or damsons especially good) in vessel with close fitting top. Let come to a boil. Put flour, baking powder, and salt in bowl. Add enough cold water to make a dough, not too stiff, mixing with a fork. Take cover off boiling fruit, drop dough into it, placing top on lightly at once. Move to back of stove where it can steam slowly for 35 minutes. Do not remove top while pudding is cooking. Serve a slice of pastry with 2 or 3 tablespoons of the fruit and juice, topped with hard sauce made by creaming thoroughly 1½ cups sugar, ½ cup butter, and thinning with 2 tablespoons cream. Flavor with Sauer's vanilla.
—Mrs. Ben I. Dunlap, Ansonville, N. C.

SWEET POTATO PUDDING

2 eggs
1 cup sugar
1 cup grated sweet potato
½ cup butter
½ cup milk
Pinch of soda
1 tablespoon Melrose flour
1 tablespoon molasses

Allspice, nutmeg and cinnamon to taste. Enough milk to make a soft batter; mix in order given and bake in moderate oven.—Mrs. R. S. Pruette.

SNOW PUDDING

2 tablespoonfuls gelatine
¼ cup cold water
1 cup sugar
3 whites of eggs
1 teaspoon Sauer's vanilla
1 cup boiling water
1 cup lemon juice

Beat whites of eggs light and when jelly begins to thicken, add to it. Beat until smooth, then pour in mold.

Sauce for Pudding

Yolks of 3 eggs
⅛ teaspoon salt
½ teaspoon Sauer's vanilla
¾ cup sugar
1 pt. hot milk

Stir constantly until thick like boiled custard.—Mrs. E. C. Ingram.

SWEET MEAT PUDDING

6 ozs. butter
6 eggs (beaten separately)
1 glass jelly
½ lb. sugar
1 nutmeg
A little lemon juice

Bake in rich pie crust rolled thin in cake pans.—Miss Nancy L. Little.

BANANA PUDDING

4 bananas
4 eggs
18 or 20 vanilla wafers
1 cup sugar
2 cups sweet milk
Butter size of walnut
2 tablespoons corn starch

Cut the bananas cross ways in thin slices; put alternate layers of wafers and bananas, leaving first and last layers of the wafers until the pan is full; then make a custard of the milk, corn starch, butter and yolks of the eggs, adding four tablespoonfuls of sugar; spread over the top and put in oven until brown.—Mrs. Fred Wall.

DATE PUDDING

1 pkg. Dromedary dates
½ cup sugar
½ teaspoon Royal baking powder
1 pinch salt
½ cup walnuts or pecans
1 teaspoon Sauer's vanilla extract
1 cup brown bread crumbs (toasted)
2 eggs
Enough milk for medium batter

Chop dates and nut meats. Beat eggs separately, then mix all ingredients. Bake 30 minutes. Cut in squares. Serve hot or cold with whipped cream.
—Mrs. E. C. Ingram.

COTTAGE PUDDING

1 tablespoon butter
1 cup sugar
1 teaspoon Royal baking powder
½ cup milk
2 eggs
1½ cups Melrose flour

Beat butter, sugar and yolk of eggs together until light. Add milk and then flour. Beat well. Add stiffly beaten egg whites and fold in carefully. Lastly, add baking powder and mix well. Pour into greased cake pan and bake in moderate oven ¾ of an hour. Serve hot with lemon or chocolate sauce. Also nice for strawberry shortcake.—Mrs. B. G. Covington.

SCOTCH DUOBAN PUDDING

½ pint Melrose flour
2 ozs. butter
2 teaspoons Royal baking powder
Jam
A little milk, if necessary
½ teaspoon salt
1 egg
½ teacup sugar

Rub butter into flour into which has been added salt, baking powder and sugar. Add egg well beaten; make into a stiff dough using milk, if required. Roll out dough and spread thickly with jam. Roll like jelly roll and put into a buttered baking dish. Pour ½ cup milk over this and bake in quick oven. Serve with any pudding sauce or cream.—Mrs. J. F. Hamaker.

BLACKBERRY PUDDING

3 eggs (yolks only)
¾ cup butter
1½ cups Melrose flour
1 teaspoon soda
½ cup sugar
½ cup blackberry jam
3 teaspoons buttermilk
½ teaspoon each cinnamon and nutmeg

Mix as you would a cake; bake in slow oven, and use whites of egg for meringue. Serve hot with hard sauce.—Mrs. C. C. Bennett.

ENGLISH PLUM PUDDING

2 pounds raisins
2 pounds currants
½ pound citron
½ pound almonds
½ pound fine bread crumbs
1 tablespoon salt
½ teaspoon cloves
2 tablespoons Royal baking powder
3 lemons, juice and grated rind
1 pound butter
1 pound brown sugar
1 pound sifted flour
1 large cup molasses
1 teaspoon cinnamon
3 grated nutmegs
8 eggs 1 wineglass rose water

Mix the flour, bread crumbs, spices, sugar and molasses, then add the well-beaten eggs, next the butter and lemon juice, then fruit. Mix well, add baking powder, and rose water. Steam 8 or 10 hours.

—Mrs. May Rose Thompson.

CHESTNUT PUDDING

1 egg
4 heaping mixing spoonfuls of chestnuts previously boiled and chopped fine
4 spoonfuls of bread cut into tiny cubes
2 spoonfuls of cream (canned milk) or enough to moisten but not wet the mixture
1 scant spoonful sugar
A pinch of salt
½ teaspoon vanilla

Mix, place in mold and steam for half an hour. Serve hot with custard sauce. For three people.—Mrs. C. J. Kanaga, American Legation, Peking.

ORANGE MOUSSE

1 envelope Knox gelatine
4 oranges
1 lemon
½ pint cream or more
1 cup cold water
½ cup hot water
1 cup sugar

Dissolve gelatine in cold water, add hot water, cool and add juices of oranges and lemon, and grated rind of one orange. Add sugar and when mixture begins to congeal, whip into stiffly beaten cream.

—Mrs. Herman A. Smith.

Ices and Frozen Creams

STRAWBERRY ICE CREAM

1 cup milk
1 cup cream
2 cups whipped cream
¾ cup sugar
1 pint crushed, sweetened strawberries

Scald 1 cup cream, milk and the sugar. When cool, add whipped cream. Freeze to soft mush and add berries. Freeze and let stand several hours to ripen.—Mrs. Harry Covington.

ICED MELON

Thoroughly chill a watermelon. Cut and remove seeds from heart and cut solid part into cubes. Put in compotes and sprinkle with sugar or cinnamon as desired.—Mrs. H. B. Covington.

LEMON ICE CREAM

1 quart milk
6 lemons
1 pint thick cream
3 cups sugar

First mix juice of lemons with sugar and let stand while you chill the milk; whip cream. Add juice and sugar to chilled milk and after this begins to freeze, add cream and finish freezing.—Mrs. W. E. White, Louisburg, N. C.

FRESH LEMON ICE CREAM

8 eggs
2 qts. cream (or milk)
9 lemons (juice)
3 cups sugar or sugar to taste

Squeeze juice and put in sugar and mix, stirring several times. Then beat eggs light. Stir in slowly lemon syrup.—Mrs. Elliot Boswell.

PEPPERMINT ICE CREAM

12 sticks peppermint candy
1 qt. cream

Mash candy and let soak over night in enough milk to dissolve it. Whip cream, add mint and freeze.

FROZEN APPLE FLOAT

Whites of 3 eggs, beaten stiff
2 cups sweetened apple sauce
2 cups stiffly beaten cream

Mix, flavor and freeze.—Mrs. R. E. Little, Jr.

BISQUE ICE CREAM

1 qt. heavy cream
½ pound maccaroons
2 lady fingers
½ pound sugar
1 teaspoon Sauer's vanilla
1 teaspoon caramel

Use only stale macaroons and lady fingers, and run through meat chopper. Put half quantity cream into this, beat, add sugar and stir until reaching boiling point, take from fire, add remaining ingredients. Freeze and let stand three hours to ripen.—Mrs. McLean B. Leath.

FROZEN FRUIT

1 doz oranges—juice
1 can peaches
1 can pineapple
1 can peaches 8 bananas

Put through meat chopper or mash fine. Sweeten to taste. Pour this into your freezer and whip 1 qt. cream, sweeten to taste and flavor with Sauer's vanilla. Put on top of fruits and put in ice cream tub, and pack well using plenty of salt. You may have to pack several times as it depends upon the occasion. When ready to serve, turn the whole thing out on a platter, slice and serve. Ideal dessert for a buffet supper: One-half frozen fruit, ½ whipped cream and serve a slice of each.—Mrs. Elliot Boswell.

MANHATTAN PUDDING

1½ cups orange juice
¼ cup lemon juice
1 teaspoon Sauer's vanilla
1½ cups chopped almonds
1½ cups powdered sugar
1 pint of heavy cream, whipped

Blanch almonds and chop fine. Mix fruit juice and half of sugar. Let dissolve. Turn mixture into cold mold. Whip cream and add rest of sugar, vanilla and chopped almonds. Pour over fruit mixture, filling mold to top. Pack in equal parts of ice and salt and let stand 3½ hours.

—Mrs. R. E. Little, Jr.

CHOCOLATE ICE CREAM

1 qt. full milk
1 qt. of cream
1½ cups sugar
2 squares of bitter chocolate, melted
2 eggs
4 tablespoons Melrose flour
2 teaspoons Sauer's vanilla
Pinch of salt

Mix sugar and flour together dry, wet with a little of the milk, add the eggs and melted chocolate and mix smooth. Scald the milk and pour over the sugar mixture. Return to double boiler and cook until it coats the spoon. When done remove from fire. Add cream while hot, let get cold. Add vanilla and salt and freeze. Four eggs may be used and no flour, if preferred. Make custard of egg and milk, then proceed in the same manner.

—Mrs. F. W. Hancock, Sr. Oxford, N. C.

FROZEN PUDDING

1 can grated pineapple (large)
1½ pints whipped cream
1 cup powdered sugar
¾ cup chopped pecans or almonds

Put pineapple in mold, add cream to which sugar has been added, and pecans. Pack in ice and salt. Let stand 4 to 6 hours.—Mrs. T. C. Coxe.

CARAMEL ICE CREAM

4 eggs
1 cup sifted Melrose flour
1 pound sugar
1 quart milk
¾ cup sugar
2 quarts cream

Beat eggs, add flour and beat until smooth. Have 1 quart milk on stove, to which ¾ cup sugar has been added. When milk is warm, stir in egg and flour mixture, and cook until it thickens slightly. Brown 1 pound white sugar in a hot iron skillet and add to the milk and flour mixture, beating rapidly to keep from lumping. Put this aside to cool. When ready to freeze, add the cream. This makes 1 gallon.—Mrs. J. M. Lytch.

APRICOT ICE CREAM

1 can apricots
1 large can Carnation milk
1 qt. rich cow's milk
1 pkg. Jell-O ice cream powder
1 pint whipped cream
Sugar to taste

Crush apricots very fine and sweeten to taste. Dissolve ice cream powder in a little milk, then add remainder. Mix all ingredients, adding last the cream whipped stiff. Freeze, and let stand an hour or two before serving, to improve the flavor. This makes three quarts of ice cream.

—Mrs. J. D. Maynard.

FROZEN PUDDING

9 eggs
2 lbs. sugar
½ box gelatine
1 lb. citron
½ gal. whole milk
1 qt. cream
2 lbs. raisins
1 pt. grated pineapple

Cream, eggs and sugar; soak gelatine in one cup milk five minutes; add to gelatine mixture rest of milk boiling hot; pour over eggs and sugar, when cool add cream (whipped). When nearly frozen add fruits; finish freezing. This amount serves about 25 people.—Mrs. H. B. Covington.

ORANGE SHERBET

8 to 12 oranges 3 lemons 1 can grated pineapple

Sweeten to taste; add water to finish ¾ gallon; when this is half frozen, add whites of six egges well beaten and complete freezing.—Johnsie Dunlap.

ORANGE ICE

1 pint of sugar, or to taste
1 pint boiling water
1 qt. orange juice
3 lemons (juice)

Dissolve sugar in boiling water, cool, add juices of oranges and lemons. Freeze and serve with whipped cream.—Mrs. Bill Coxe, Darlington, S. C.

PINEAPPLE SHERBET (DELICIOUS)

1 envelope Knox gelatine
1 can crushed pineapple (large)
3 cups sugar
Juice of 4 lemons

Proceed as for lemon jelly, then add cold water, making about 4 quarts of liquid. Add pineapple, and when partly frozen add 1 quart of cream and finish freezing.—Mrs. B. G. Covington.

APRICOT SHERBET

1 small can of apricots
Juice of 3 lemons
1½ cups sugar
3 cups water
Juice of 2 oranges, 1 if large

Let sugar and water come to a boil; take juice of lemon, orange and apricots, mix all together and freeze; after it starts freezing, add ½ pint whipped cream. When frozen, remove dasher and pack for few hours. This makes two quarts.—Mrs. Sam Smith.

NESSELRODE PUDDING

1 cup sugar
3 egg yolks
½ pint cream
1 teaspoon Sauer's vanilla
¼ cup water (boiling)
One-third teaspoon almond extract
1 cup chopped crystallized fruits
1 cup chopped almonds
1 small can pineapple (drained)

Put sugar and water in saucepan. Let dissolve and cook slowly for 5 minutes. Pour this into well beaten eggs. Stir constantly until the consistency of cream. Pour into bowl and beat until cold, then add cream, almonds and flavoring. Freeze, stir in fruits, and pack. This is improved by adding ½ pint whipped cream when half frozen. (Tested.)

PINEAPPLE MOUSSE

1 teaspoon Knox gelatine
3 tablespoons cold water
1 tablespoon lemon juice
1 cup scalded pineapple juice
¾ cup sugar
1 pint heavy cream

Soak gelatine in cold water 5 minutes and dissolve in hot pineapple juice. Add sugar and lemon juice, and when cool, add cream beaten stiff. Beat mixture until stiff, using an egg beater. Fill wet mold, adjust cover, pack in rock salt and finely crushed ice, using equal parts, and let stand four hours. Turn out on serving dish and garnish with half slices of canned pineapple and candied cherries.—Mrs. Henry Little.

Cakes

SALLY WHITE CAKE (FRUIT)

1 lb. butter
1 lb. Melrose flour
1¼ lbs. sugar
12 eggs
3 lbs. citron
1 lb. almonds shelled and blanched
2 small cocoanuts
1 nutmeg
1 wineglass grape juice
1 wineglass mock brandy

Mix and bake as a fruit cake.—Mrs. J. D. Horne.

WHITE FRUIT CAKE

1 doz. whites of eggs
1 lb. sugar
¾ lb. butter
1 lb. Melrose flour
1 teaspoon Royal baking powder, little more than level
1 grated cocoanut (mix with a little flour)
1 lb. chopped blanched almonds
1 lb. citron
1 lb. crystallized pineapple
1 lb. crystallized cherries

Add gradually to the batter, the floured cocoanut first, then the other fruits and nuts previously floured. Bake in slow oven about three hours.

—Mrs. Sam S. Steele.

FRUIT CAKE

1 lb butter
1 lb. sugar
1 lb. Melrose flour
3 lbs. raisins
1 lb. figs
½ lb. citron (homemade)
8 eggs
½ cup molasses
Soda size of pea dissolved in molasses
Nutmeg, cinnamon to taste

Cook slowly several hours until done.—Mrs. Paul Kiker.

FRUIT CAKE

1 lb butter
1 lb. Melrose flour
1 lb. sugar
10 eggs
2 lbs. seedless raisins
1 heaping teaspoon Royal baking powder
4 teaspoons cinnamon
2 teaspoons spice
2 lbs. dates
1½ lbs. citron
½ lb. pineapple (crystallized)
½ lb. cherries
1 lb. figs (if wanted)
2 teaspoons cloves
½ glass grape juice

Bake in slow oven four hours. Flour fruit.—Mrs. E. A. Allen

DEVIL'S FOOD CAKE

Part 1

1 cup brown sugar, sifted 1 cup sweet milk ½ large cake chocolate

Part 2

¾ cup butter
2 cups brown sugar, sifted
3 large eggs
1 cup sweet milk
3 cups Melrose flour
3 teaspoons Royal baking powder
1 teaspoon Sauer's vanilla

Reg. form of mixing. Put together with white icing.—Mrs. H. B. Covington.

BLACK CHOCOLATE CAKE

One-third cake chocolate, grated
1 teaspoon soda, added
½ cup boiling water, poured on and let stand
½ cup butter
2 cups brown sugar, creamed
2 eggs
2½ cups Melrose flour
½ cup buttermilk, to this add chocolate mixture
1 teaspoon Sauer's vanilla
2 teaspoons Royal baking powder

Put together with cooked icing.—Mrs. J. M. Austin.

CHOCOLATE CAKE

1 cup milk
1 cup butter
2 cups sugar
2 cups Melrose flour
1 cup cocoa
4 eggs
3 teaspoons Royal baking powder

Cream butter and sugar and add yolks of eggs. Sift flour, cocoa and baking powder all together, and to mixture then add well beaten whites last. Flavor with vanilla. Fill with boiled icing.—Mrs. May D. Redfern.

CHOCOLATE NOUGAT

½ cup sugar
½ cup milk
2 eggs (yolks)
½ cake little chocolate (cook this to smooth paste and set to cool)
1½ cups sugar
2 cups Melrose flour
½ cup butter
1 teaspoon soda dissolved in 1 tablespoon boiling water
3 eggs ½ cup milk

Cream butter and sugar, add milk and flour sifted 3 times; drop in eggs, one at time while mixing; add cooked mixture last and 1 teaspoonful vanilla. Bake in moderate oven.

Filling

3 cups of sugar, cook until it spins thread; 2 eggs, whites, well beaten. Beat sugar with whites, then add ¼ lb. marshmallows. Spread between layers and on top and sides.—Mrs. C. C. Bennett.

CHOCOLATE ROLL

3 tablespoons of sugar
2 tablespoons of cocoa
1 tablespoon of Melrose flour
3 eggs beaten separately

Add yolks to dry ingredients, beat well, lastly fold in well-beaten whites, bake in a flat pan 5 to 10 minutes, cool, roll as a jelly roll, using ½ pint of whipped cream for filling, then pour over top and sides a frosting made of:
1 square of chocolate 2 tablespoons of water 3 tablespoons of sugar
—Rena Ingram Via.

LAYER CAKE (SMALL)

1 cup sugar
½ cup butter
3 eggs
2 cups Melrose flour
2 teaspoons Royal baking powder
½ cup sweet milk Sauer's vanilla

Cream butter and sugar. Add eggs after having beaten separately. Mix thoroughly. Add milk. Sift flour and baking powder together. Fold in one half the quantity at the time. Add flavoring, divide into three layers and bake in quick oven.—Mrs. W. L. Marshall.

Chocolate Filling

½ cup bitter chocolate (grated)
1 cup sugar
2 cups sweet milk
½ teaspoon Sauer's vanilla
2 teaspoons Melrose flour

Mix chocolate, sugar, milk, and put on stove to boil. Let cook until chocolate dissolves, stirring occasionally. Thicken with flour dissolved in a little water. Cool and add vanilla. Spread between layers. Sprinkle on top of cake with pulverized sugar.—Mrs. W. L. Marshall.

MY MOTHER'S WHITE CAKE

Whites of 10 eggs
1 cup sweet milk
4 cups Melrose flour
½ teaspoon soda
1 cup butter 3 cups sugar
1 teaspoon cream of tartar

Cream butter and sugar until very light and foamy; add milk and flour after sifting powder in it, a small quantity at time, alternating the last of the flour with the well-beaten whites of eggs. Add 1 teaspoon of vanilla just before pouring into loaf pan. Rise slowly, increasing the heat gradually until done.—Mrs. W. O. Spencer, Winston-Salem, N. C.

FEATHER CAKE

1¼ cups sugar
¾ cup butter ½ cup water
2½ cups Melrose flour
2 teaspoons Royal baking powder
4 eggs, beaten separately
1 teaspoon Sauer's vanilla
—Mrs. Thos. C. Coxe.

PLAIN SPONGE CAKE

3 eggs — 1 cup sugar — 1 teaspoon Royal baking powder
½ cup hot water — One-third teaspoon salt
1 cup sifted Melrose flour — Grated rind of half a lemon

Beat the eggs, with half the sugar, until they thicken, add the water and the remainder of the sugar and beat again. Put in the grated lemon rind, then the flour sifted with the salt and the baking powder, folding these in as gently as possible. Bake about thirty minutes in a shallow pan that has been greased and floured.—Mrs. George E. Burns.

DATE AND NUT CAKE

1 cup sugar — 3 eggs — 1 ½ cups Melrose flour
1 pkg. Dromedary dates — 1½ teaspoons Royal baking powder
1 cup nut meats (pecans) — Few grains of salt

Beat yolks and whites of eggs separately, adding one-half cup sugar to yolks and one-half to whites; mix the two and add other ingredients. Cook in slow oven. When cold, cut in blocks and roll in powdered sugar.

—Mrs. W. E. Carpenter.

VELVET CAKE

1 lb. Melrose flour — 1 cup milk
1 lb. sugar — ½ lb. butter — 2 level teaspoons Royal baking powder
6 eggs

Cream butter and sugar together; add milk and flour alternately. Break eggs in one at the time, beating one minute each time. Bake in a moderate oven 1½ hours.—Mrs. M. W. Lee.

WHITE POUND CAKE

1 pound sugar — ½ pound butter — 16 egg whites
1 pound Melrose flour — 1 teaspoon Royal baking powder

Cream butter and sugar. Sift flour and baking powder together and add gradually. Lastly, fold in the stiffly beaten whites of eggs.

—Mrs. M. L. Ham, Morven, N. C.

WHITE COCOANUT CAKE

8 eggs (whites) — 1 cup sweet milk
3 cups Melrose flour — 2 teaspoons Royal baking powder
2 cups sugar — 2 teaspoons Sauer's orange extract
1 cup butter — ½ teaspoon Sauer's almond

Icing

3 cups sugar — 3 eggs (whites) — ½ cup boiling water

Usually takes about two cocoanuts for filling.—Harriet Lavinia Boggan.

LANE CAKE

8 eggs (whites)
2 cups sugar
1 cup butter
3¼ cups flour
1 cup sweet milk
2 teaspoons Royal baking powder

Pineapple Filling—to be used with Lane Cake, or any other cake:
Use well-beaten yolks of 8 eggs (drain off juices of can of grated pineapple) into it put 1¾ cups of sugar and the beaten eggs. Cook in a double boiler until very thick, when cool add grated pineapple and spread between cake.—Mrs. Charlie Gathings.

MARBLE CAKE

6 eggs, beaten separately
1 cup butter
1 cup sweet milk
2 cups sugar
3 cups Melrose flour
1 teaspoon Royal baking powder

Cream butter, add sugar, then milk; sift the flour and baking powder together, then add to other ingredients. Divide the batter as near equally as you can by guess, put the white of egg in one part and the yolks in the other, then drop a spoonful in baking pan alternately, and it mixes itself.
—Mrs. W. A. Smith.

LADY BALTIMORE CAKE

1 cup butter
2 cups sugar
3½ cups Melrose flour
1 cup sweet milk
6 eggs (whites)
2 level teaspoons Royal baking powder
1 teaspoon rose water

Icing

Dissolve 3 cups sugar in 1 cup boiling water, cook until it spins a thread. Pour over stiffly beaten whites of 3 eggs. To this Icing, add 1 cup chopped raisins, 1 cup chopped pecans, 1 cup finely chopped figs. Ice both top and sides of cake.—Mrs. D. D. Coward.

TILDEN CAKE

1 cup butter
2 cups sugar
2 teaspoons Royal baking powder
2 teaspoons Sauer's vanilla
1 cup sweet milk
3½ cups Melrose flour
6 eggs (leaving out 2 whites for icing and filling)
—Winifred Caraway.

ONE-TWO-THREE-FOUR CAKE

1 even cup butter
2 cups sugar
3 cups sifted Melrose flour
4 eggs
1 cup sweet milk
1 teaspoon Royal baking powder
—Mrs. C. S. Brasington.

JAPANESE FRUIT CAKE

6 eggs
1 cup butter
2 cups sugar
1 cup sweet milk
3 cups Melrose flour
1 teaspoon Royal baking powder
2 cups finely chopped raisins
1 teaspoon cinnamon
1 teaspoon allspice
1 teaspoon cloves

Flavor with Sauer's vanilla. Put together with cocoanut filling.

Filling

3 cups sugar (large cups)
3 eggs (whites)

Cook sugar and a little water until it spins a heavy thread and pour on beaten whites, then put on layers with cocoanut between and all around it. It takes 2 large cocoanuts.—Fannie Bennett.

JAPANESE CAKE

One cup butter, two cups sugar, three cups Melrose flour, sifted several times, four eggs, one cup milk, one teaspoon baking powder (Royal), one teaspoon lemon juice. Divide batter in three parts, bake two layers plain and to the other third add one cup seeded raisins, one teaspoon each allspice, cinnamon and Sauer's vanilla, and a little dark molasses.

Filling: Use any good cream or caramel filling, add one cup grated pineapple (syrup well pressed out).—Mrs. A. D. Griffin.

PLAIN CAKE WITH NUT AND RAISIN FILLING

6 eggs
2 cups sugar
1 cup butter
1 cup milk
4 cups Melrose flour
2 teaspoons Royal baking powder

Flavor with Sauer's vanilla. Bake in pie tins.

Icing

3 cups sugar
3 eggs (whites)
1 cup English walnuts
1 cup raisins
½ teaspoon cream of tartar
1 teaspoon corn starch

Flavor with Sauer's vanilla. Cook sugar and a little water until it spins a heavy thread, then add corn starch and cream of tartar, and then the nuts and raisins.—Ethel B. Dunlap.

PECAN CAKE

2 lbs. raisins
2 lbs. pecans (before shelled)
½ lb. butter
½ doz. eggs
1 lb. sugar
1 lb. Melrose flour
1 nutmeg
1 glass grape juice
1 tablespoon cinnamon
1 tablespoon Royal baking powder

Mix as fruit cake and bake slowly.—Mrs. W. K. Boggan.

CREAM CAKE

2 cups sugar
2 heaping cups Melrose flour
Butter twice size of an egg
1 cup milk
4 eggs
2 teaspoons Royal baking powder

Filling

2 cups milk. 2 tablespoons corn starch beaten with little milk, and stirred in slowly when milk comes to a boil. Cook a minute, then add one cup sugar, small piece butter and stir in two well-beaten eggs. Flavor with Sauer's vanilla.—Mrs. Walter Thomas Rose.

APPLE SAUCE CAKE

1 cup sugar
½ cup butter
1 cup apple sauce
1 teaspoon soda
1 teaspoon cinnamon
2 eggs
1 teaspoon cloves
1 teaspoon nutmeg
1¾-2 cups Melrose flour
1 can raisins
1 can nuts chopped fine

Cream butter and sugar, add well-beaten eggs. Mix soda with the apples. Sift spices with flour and add together with raisins and nuts. Makes a stiff mixture. Can be cooked in a loaf or in layers, and put together with white icing.—Mrs. John Spencer.

ONE EGG CAKE

2 cups Melrose flour
1 cup sugar
3 tablespoons butter
1 teaspoon Royal baking pwoder
1 egg
Milk

Sift flour, baking powder and sugar together. Rub in shortening. Break egg in cup, add enough sweet milk to fill cup. Add to dry ingredients and beat well. Flavor with Sauer's vanilla. Cook in layers or loaf.

—Mrs. R. S. Beeman.

SPANISH BUN

½ pound butter
1 pound sugar
1 quart Melrose flour
6 eggs
1 cup sweet milk or cream
2 teaspoons cream of tartar

Flavor with fresh orange extract. One teaspoon soda in tiny bit of milk or tepid water last thing. Bake one inch thickness in two biscuit pans. Use boiled icing, made of 3 cups sugar, 3 egg whites, ¾ cup water. Flavor with Sauer's vanilla. Original recipe brought from Nashville, Tenn. in 1882, by the late Mrs. R. T. Bennett. Supplied by her daughter, Mrs. J. D. Leak.

BLACKBERRY JAM CAKE

One and two-thirds cups granulated sugar
Two-thirds cup butter
1 cup jam
½ cup nuts
Two-thirds cup sour milk
1 heaping teaspoon soda
1 nutmeg
1½ teaspoons mixed spices
4 eggs
1 cup raisins
3 cups Melrose flour

Bake in loaf or layers. Use boiled icing or cream filling.—Bessie Covington.

BLACKBERRY CAKE

1 cup butter
1 cup sugar
1 cup blackberry jam
2 teaspoons Royal baking powder
4 eggs
2 cups flour (Melrose)
½ cup warm water
1 teaspoon each spice, cloves, nutmeg and cinnamon

Mix all ingredients in the usual manner and bake in three layers. Use either caramel or cream filling.—Mrs. Bob Beeman.

UPSIDE-DOWN CAKE

First Mixture:
3 tablespoons butter
1 cup brown sugar
1 cup nuts
1 cup diced pineapple
1 cup dates
1 cup cherries

Second Mixture:
1 cup sugar
2 cups self rising flour—Melrose
2 eggs
½ cup milk
½ cup butter

Put ingredients of first mixture into iron skillet—melting butter and blending well with brown sugar before adding nuts and fruits, which should be spread in even layers one upon another. Make a batter of ingredients of second mixture and pour over the first. Bake 25 minutes in a moderate oven (350 degrees). Serve with whipped cream, if desired.

—Mrs. J. F. Spencer.

MOLASSES CAKE

2 eggs
¾ cup sugar
¾ cup molasses
¾ cup butter
¾ cup butter milk
2 cups full Melrose flour
1 teaspoon cinnamon
1 teaspoon Sauer's vanilla
1 square chocolate
1 teaspoon soda dissolved in milk

Bake in slow oven.—Mrs. W. K. Boggan.

WHIPPED CREAM CAKE

5 eggs well beaten
1 tumbler sugar
1 tumbler of flour—Melrose
2 rounded teaspoons Royal baking powder
1 teaspoon Sauer's vanilla

Beat eggs well; add sugar slowly, then add flour. Bake in 3 layers.

Filling

1 pint cream
¼ lb. almonds chopped fine
1 small bottle Maraschino cherries, chopped fine

Whip cream and add cherries and nuts, spread between layers, on top and sides.—Mrs. E. A. Allen.

SOFT GINGER BREAD

½ cup sugar
½ cup butter
1 cup black molasses
1 teaspoon each ginger, cinnamon
½ teaspoon cloves
1 teaspoon soda, dissolved in ½ cup boiling water
2½ cups Melrose flour

Add 2 well-beaten eggs last of all. Bake in pie pans; serve hot for dinner. This is excellent.—Mrs. W. P. Parsons.

OLD TIME POUND CAKE

1 lb. sugar
1 lb. butter
1 lb. Melrose flour
12 eggs (whites) 8 eggs (yolks)

Sift flour four times. Cream flour and butter together, then add sugar and cream all together good. Add egg whites that have been well beaten, then add yolks of eggs that have been beaten until lemon color. Flavor to taste.—Mrs. L. S. Hart.

POUND CAKE

1 lb. butter
1 lb. Melrose flour
1 lb. sugar 11 eggs
1 scant cup sweet milk
1 teaspoon cream of tartar
½ teaspoon soda

Sift flour with cream of tartar and soda; cream sugar and butter, mix yolks (well beaten), add milk, add flour with cream of tartar well mixed in it; fold in whites. Bake in a moderate oven. Flavor to taste.

—Miss Annie Knotts.

AUNT TINNIE DUNLAP'S SPONGE CAKE

10 eggs Weight of eggs in sugar ½ weight of eggs in flour

Separate eggs, add sugar gradually to yolks, and cream until light and fluffy. Add flour, then beat whites thoroughly and add last. Bake in medium oven.—Miss Johnsie Dunlap.

CARAMEL CAKE

4 eggs
2 cups sugar
Two-thirds cup Wesson oil
3 cups Melrose flour
1 cup water
1 teaspoon Sauer's vanilla

Mix in Universal cake mixer in order given, turning continuously until smooth. Bake in two layers in oiled paper tins.

Caramel Filling

4 cups Franklin brown sugar
1 cup sweet or Carnation milk
1 cup butter
Teaspoon Sauer's vanilla

Let sugar and milk come to boiling point over hot burner, stirring vigorously all the time. Let boil 5 mins. without stirring. Remove from fire and let cool, then beat until it is of the right consistency, stirring in the butter which has been melted; add vanilla. (If filling is not sufficiently brown, add enough chocolate to make it so.)—Mrs. T. L. Caudle.

Small Cakes

ALMOND CAKES

Two-thirds pound butter
½ pound sugar
1 pound flour
½ pound almonds
1 whole egg and yolk of another
Sauer's lemon extract

Cream butter and sugar, add eggs and flavoring, then the flour, worked in with a knife, using the hands at the last to make the dough pliable. Take about one-fourth of the dough at a time, roll very thin and cut into strips, about four inches long, one and one-half inches wide and place in biscuit pan. Brush over with the remaining egg white, slightly beaten, and cover with the almonds, chopped and mixed with sugar. Bake in moderate oven until uniformly brown.—Mrs. Jas. A. Hardison.

CORN STARCH CAKES

¾ lb. butter
¾ lb, sugar, heavy weight
6 eggs 1 pkg. corn starch
1 tablespoon Sauer's vanilla

Elbow grease, patty pans.—Mrs. R. E. Little.

SOUTHERN TEAS

4 eggs
2 cups sugar 1 cup butter
1 even teaspoon soda
4 cups Melrose flour, or more to make a soft dough
1 teaspoon Sauer's vanilla

Roll thin and cut with biscuit-cutter. Sprinkle a little sugar on top. Nice with cinnamon too. Delicious with tea or hot chocolate.—Mrs. W. A. Smith.

DOUGHNUTS

2 eggs
1 cup sugar
½ cup butter
½ cup buttermilk (or soured)
1 teaspoon soda
Melrose flour sufficient for dough

Cream butter and sugar, add well beaten eggs and milk. Sift soda into flour, using sufficient flour to make soft dough when added to sugar, butter and eggs. Roll out and cut into any desired shape. Cook in deep fat in a frying basket, turning constantly. Drain on absorbent paper; when cold dust with powdered sugar.—Mrs. J. B. Ingram.

FRIDAY CAKES

2 eggs 1 cup sugar
1 cup sweet milk
1 tablespoon shortening
Cinnamon, Salt
4 cups Melrose flour (if plain, use 2 teaspoons Royal baking powder)

Gradually work in enough flour to roll out on board. Cut with doughnut cutter, fry in hot lard, deep enough for cake to swim. Test hot lard by a small bit of dough, it must immediately come to top and underside begin to brown, turn over. When cool, sprinkle with powdered sugar.

—Mrs. Claude Porter.

OAT MEAL COOKIES

2 cups rolled oats
2 cups Melrose flour
1 cup sugar
1 cup butter
1 cup raisins 2 eggs
1 scant teaspoon soda
4 tablespoons butter milk
1 heaping teaspoon cinnamon
1 pinch of salt
½ teaspoon Sauer's vanilla

Cream butter and sugar; add beaten eggs and milk, then all dry ingredients and drop with a spoon on a greased pan, bake in moderate oven.

—Mrs. George Dunlap.

DEVIL'S FOOD WAFFLES.

½ cup butter, creamed with 1 cup sugar
2 well beaten eggs ½ cup milk
1½ cups flour
2 teaspoons of baking powder
Pinch of salt

Beat the batter hard. Melt two squares of chocolate, and pour this into the batter with 1 teaspoonful vanilla and a pinch of cinnamon. Bake in your electric iron and serve at once with whipped cream. Flavored and sweetened, or with chocolate sauce or sprinkled with powdered sugar and cinnamon mixed together. They are also delicious made into marshmallow sandwiches for tea. Just put two together hot with fresh marshmallows between.

—Miss Helen Leath.

SNOOKUM COOKIES

2 eggs
1 cup sugar
½ cup butter
1 cup finely chopped nuts
½ cup milk
2 cups flour
1 teaspoon Royal baking powder
1 teaspoon vanilla

Do not use more than scant tablespoon of batter to each cake, and place one or two raisins on top. Allow space as they spread.—Mrs. M. B. Leath.

DATE ROCKS

2 cups sugar
1 cup butter
4 eggs 2 boxes dates
½ lb. English walnut meats
2 teaspoons cinnamon
½ teaspoon soda
½ teaspoon cream of tarter
4 cups Melrose flour

Sift dry ingredients together, cream butter and sugar, add well beaten eggs. Cut dates in quarters and nuts in small pieces; add flour, dates and nuts. Drop with a teaspoon and bake in a moderate oven. No water or milk required.—Mrs. Jas. A. Leak.

GINGER SNAPS

1 cup sugar
1 cup molasses
1 cup butter
1 teaspoon ginger
1 tablespoon vinegar
1 teaspoon soda

Mix sugar, molasses and butter; add vinegar and ginger. Sift four cups Melrose flour with soda; add mixed ingredients to flour, making a stiff dough. Cut into shape and bake in moderate hot oven.—Mrs. J. W. Thomas.

PLUNKETTS

1 cup butter
1 cup sugar 6 eggs
½ cup Melrose flour
¾ cup of corn starch
2 teaspoons Royal baking powder
1 teaspoon Sauer's vanilla

Cream butter, add sugar, beating until foamy. Beat whites of eggs until dry, and yolks until light colored, and thick; pour yolks over whites, cut and fold together. Sift twice together the flour, corn starch and baking powder. Add the beaten eggs to butter and sugar gradually, then add dry ingredients and the vanilla. Bake in individual tins, buttered. Ice as desired.

—Mrs. Frank E. Covington.

"BESS TEACAKE"

3 eggs well beaten
cups sugar
teaspoons Royal baking powder
1 cup shortening
1½ qts. Melrose flour
¼ teaspoon salt
2 tablespoons milk or orange juice.

Roll the dough very thin and cut. Sprinkle with cinnamon and sugar. Bake quickly.—Mrs. U. B. Blalock, Raleigh, N. C.

RUSSIAN ROCKS

3 eggs
1 cup butter
1½ cups sugar 3½ cups flour
½ teaspoon soda dissolved in 2 teaspoons water
1 cup raisins, chopped fine
1 cup nuts, chopped fine
½ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg

Cream butter and sugar, add well beaten eggs, flour, nuts, spices and soda. Drop small portions, well spaced on buttered pan and bake in moderate oven.
—Mrs. J. B. Ingram.

DROPPED COOKIES

½ cup butter
1 cup sugar
2 eggs
½ cup milk
1 teaspoon ground cinnamon
½ cup molasses
1 cup raisins
3 cups Melrose flour
2 teaspoons Royal baking powder
½ teaspoon ground cloves

Beat butter and sugar to a cream. Add the well beaten eggs, then the milk, molasses and raisins, lastly, dry ingredients, well sifted together. Drop small spoonfuls on greased pans, some distance apart. Bake in moderate oven about ten minutes.—Mrs. H. B. Allen.

"MOTHER HARMAN'S" ICE BOX COOKIES

3 eggs, well beaten
1 cup white sugar
1 cup brown sugar 1 cup butter
1 teaspoon Sauer's vanilla
Nutmeg to taste
1 level teaspoon soda in tablespoon hot water
6½ cups Melrose flour
1 cup raisins
1 cup chopped nuts

Make in two long rolls and keep in ice box over night, slice and bake in moderate oven.—Mrs. V. Harman, Wadesboro and Lynchburg.

FRUIT JUMBLES

1 cup butter
3 eggs
2 cups chopped raisins
1 teaspoon soda
2 tablespoons butter milk
All kinds of spices

Work in flour to rolling consistency; cut out and bake in moderate oven.
—Johnsie Dunlap.

DATE BARS

2 whole eggs or 4 yolks
1 cup sugar
3 tablespoons boiling water
2½ cups Melrose flour
1 package dates ,(chopped)
1 cup black walnuts or pecans
2½ teaspoons Royal baking pow
1 teaspoon Sauer's vanilla

Beat eggs and sugar until creamy, then add water, dates, nuts, and flour. Cook about twenty minutes. When cool, cut in bars and roll in sugar.
—Mrs. Earl W. Martin.

Icings and Fillings

CHOCOLATE FILLING

2 cups of brown sugar
1 cup of white sugar
Butter the size of an egg
¼ teaspoon of soda
1 cup of sweet milk
2 squares of chocolate

Cook until it forms soft ball when dropped in cold water.—Mrs. T. C. Coxe.

CREAM FILLING

Mix ¼ cup corn starch and 1 cup of sugar; add yolks of 2 eggs, slightly beaten; 2 cups scalded milk and 1 teaspoon butter. Cook in double boiler 20 minutes, stirring constantly. Cool. Add one-third teaspoon salt, ½ teaspoon each of vanilla and lemon extract. Use as filling for cake or pastry.

—Bessie Covington.

LEMON JELLY FILLING

½ cup of butter
2 cups of sugar
8 eggs (yolks)
2 small lemons, grated rind & juice

Put all in pan over slow fire and cook until thick, stirring all the time. Pour all into a jar and cover until wanted, as it will keep several weeks.

—Mrs. W. A. Smith.

MOCHA FILLING AND FROSTING

6 tablespoons of butter
2 cups of confectioner's sugar
4 tablespoons dry cocoa
3 tablespoons liquid coffee
1 teaspoon Sauer's vanilla extract.

Beat butter to a cream, adding one cup of sugar, then sift and add the cocoa. Beat well. Put in the coffee and remaining sugar, then the vanilla. Spread between layers and on top of layer cake.—Mrs. J. W. Morris.

BOILED ICING

⅛ teaspoon cream of tartar
3 egg whites
3 cups sugar
1 cup boiling water

Put sugar, water, and cream of tartar in stew pan and cover. Cook until syrup spins a good thread. Cool slightly and pour over stiffly beaten whites. Beat until right consistency to spread on cake.—Mrs. H. B. Covington.

COCOANUT ICING

3 cups of white sugar
3 eggs (whites)
1 cup of boiling water
3 tablespoons of white Karo

Dissolve sugar in water before starting to boil, then when syrup starts boiling, begin beating eggs. As soon as eggs begin to rise, begin adding boiling syrup, a few spoonfuls at a time, beating all the time until you have used about half the syrup, then let last half cook until it threads, then pour all in slowly. Add one teaspoon Sauer's vanilla. If icing gets too stiff before using, add a little hot water. Always use two cocoanuts for a four layer cake.
—Mrs. Francis P. Boylin.

IDEAL FROSTING

2½ cups of sugar
½ cup of light corn syrup
½ cup of water
2 eggs (whites)
½ teaspoon Sauer's almond extract
½ teaspoon of Sauer's vanilla
¼ teaspoon of salt

Mix the sugar, corn syrup and water; cook without stirring to 238 F. (thread); pour in a thin stream over the stiffly beaten egg whites, beating continuously. When the mixture begins to cool, add the salt and the extracts; beat until it is thick enough to hold its shape, otherwise it will not stay on the cake.—Mrs. J. F. Lowrance.

CHOCOLATE FUDGE ICING

3½ cups granulated sugar
1½ cups sweet milk
¼ lb. butter
One-fifth lb. chocolate
1 teaspoon Sauer's vanilla
Whites of 2 eggs

Boil the sugar, milk, butter and chocolate together until it will form a ball when dropped in cold water. Remove from fire and pour slowly over the stiffly beaten egg whites, beating constantly until the right consistency to spread on cakes. This makes enough for 4 layers.—Mrs. McLean B. Leath.

FRUIT FILLING FOR CAKES

2 cups sugar
3 tablespoons Melrose flour
½ cup water
3 eggs

Three large bananas, one can grated pineapple or two cups grated cocoanut can be used. Flavor with one teaspoon lemon juice or Sauer's vanilla extract. Boil sugar and water until it spins a thread. Pour over the fruit, flour and eggs well mixed. Return to the stove and cook for several minutes. Stir to keep from burning. When filling cools, spread on cake.
—Mrs. T. R. Troutman.

Candy

FUDGE

2 cups sugar
½ cup cocoa
1 cup milk
Butter size of an egg
1 teaspoon Sauer's vanilla
Dash cinnamon

Mix sugar, cocoa and milk and let cook until it comes to a boil, add butter and let cook until a few drops in water makes a hard ball. Remove from fire, add vanilla and cinnamon. Let cool, beat and pour into a buttered dish. Slice when cold.—Mrs. C. H. Sutherland.

COCOANUT DELIGHT

3 cups sugar
1 medium sized cocoanut
⅛ lb. butter
¾ cup milk

Cook ingredients until a soft ball is formed in cold water. Beat until creamy and pour in greased pan. Cut in squares when cold.—Grace Allen.

CHOCOLATE FUDGE DIVINE

1 lb. brown sugar
¼ lb. butter
3 cups nut meats
1 cup sweet milk
¾ cake chocolate (large)
2 teaspoons Sauer's vanilla

Cook sugar, milk, butter and chocolate together until a soft ball forms in cold water. Remove from fire, add nuts and vanilla and beat until creamy. Drop in balls.

DIVINITY FUDGE

4 cups of sugar
½ cup of water (hot)
¾ cup of Karo
2 egg whites

Cook sugar, karo and water in a shallow pot until the syrup forms a firm ball in cold water. Pour over well-beaten whites, stirring constantly. Beat until it drops from the spoon in balls. Nuts may be used if desired.

CHOCOLATE FUDGE

2 cups brown sugar
1 cup white sugar
1 small can Carnation milk
Butter size of an egg

Cook sugar and milk together until it forms a soft ball when dropped into cold water, then add butter. Let cool about 5 minutes, then beat well until cool enough to pour into dish. Flavor with Sauer's vanilla while hot. If liked, shelled pecans may be added.—Mrs. W. H. Carter.

TWO MINUTE FUDGE

4 cups of white sugar 3 tablespoons of cocoa 1 cup of milk.

Mix and let come to an all-over boil and boil for 2 minutes. Pour in platter in which has been chopped ¼ pound butter. Let cool, beat and drop on buttered surface.—Mrs. C. N. Ingram, Darlington, N. C.

CANDIED GRAPE FRUIT PEEL

Soak the rinds of 2 grape fruits, which have been cut into strips, over night in cold water. Drain and cook in boiling water 30 minutes. Drain again and cook for 15 minutes longer in boiling water. Finally, drain off all water and add 2 cups sugar to the grapefruit, which will form a syrup. Stir this frequently and boil until the syrup has almost cooked away. Remove from stove and roll in granulated sugar.—Miss Elizabeth D. Horne.

TAFFY CANDY

2 cups sugar ½ cup water ¼ cup vinegar

Boil all together until it forms a hard ball when dropped in cold water. Pour in buttered dish until cool enough to pull.—Mrs. J. W. Morris.

KISSES

6 whites of eggs 3 teaspoons vinegar
2 cups sugar 1 tablespoon Sauer's vanilla

Beat eggs stiff, add sugar gradually, then vinegar and vanilla. Bake 1 hour in muffin tins over water. Cut off tops, fill center with ice cream, whipped cream or custard. Replace tops.

CARAMEL CANDY

4½ cups brown sugar ½ cup Karo
1 cup milk 1 cup nut meats 1 heaping tablespoon butter

Mix and cook until it forms a good soft ball in cold water. Set in pan of cold water until almost cool, without stirring. Then beat until creamy and thick. Add nuts and pour into greased platter; cut in squares when cold.

—Elizabeth Allen.

PULLED CREAM MINTS

3 cups sugar Water to dissolve sugar 3 tablespoons butter

Boil rapidly until done enough to spin a thread. Turn out on marble slab, flavor with a few drops oil of mint. Pull until stiff, pull out on table and cut in pieces with shears. When hard, put in closely covered jar to cream.

—Mrs. T. J. Fetzer.

COCOANUT CANDY

6 cups sugar
Three eggs
2 cups water
Pinch salt

Mix well, boil without stirring until spins heavy thread. Add to whites three eggs, 1 tablespoon sugar, ¼ teaspoon cream of tartar, 6 drops glycerine. Pour syrup over eggs; beat until almost cold. Add one fresh cocoanut, or can, one teaspoon Sauer's vanilla. Pour on buttered dish, cool and cut.

—Miss Bessie Dockery.

PATIENCE

2 cups sugar
1 cup milk
1 tablespoon butter
½ cup nuts (chopped fine)
1 teaspoon Sauer's vanilla
1 cup sugar

Melt the one cup of sugar in a frying pan, over strong heat, stirring constantly until a rich golden syrup is obtained. In the meantime, put the two cups of sugar, milk and butter in a saucepan over fire and cook slowly, stirring occasionally. When the syrup is ready (golden brown) pour slowly into the other mixture, which should have come to a boil. Cook to soft ball stage. Remove from fire, add nuts and vanilla, beat until creamy and pour in well-greased pan. Mark in squares when almost cool.

—Mrs. Fred Helms, Albemarle, N. C.

SALTED ALMONDS

½ pound almonds Salt to taste 1 tablespoon butter

Shell, blanch and dry the almonds. Heat butter, add almonds and cook to a delicate brown. Stir constantly to keep from burning. Drain almonds, dry on soft paper and sprinkle with salt.—Mrs. B. F. Bray.

Pickles

ICED TOMATO PICKLE—DELICIOUS

Into two gallons water put one quart slacked lime and fill vessel with large green tomatoes, peeled and sliced. Let this stand 24 hours, weigh and for each 7 lbs. tomatoes boil together 4½ lbs. sugar, ½ gallon vinegar, cloves, cinnamon and allspice. Pour over tomatoes and let stand 24 hours, then boil all together 20 minutes. Does not need sealing and keeps well.

—Mrs. John Griggs.

HYDEN SALAD

1 gal. or 6 lbs. cabbage
½ gal green tomatoes
1 pint onions
¼ cup green peppers

Chop all vegetables, sprinkle with salt and let stand 1 hour. Squeeze out water and let come to a boil in 3 pints vinegar, 2 lbs. sugar, lightly spiced with cloves, spices and cinnamon. Put in jars and seal.—Mrs. W. C. Huntley.

SLICED GREEN TOMATO PICKLES

8 lbs. green tomatoes, slices ½ inch thick

Soak for 12 hours in 3 gal. cold water and 2 handfuls of lime. Wash and soak for 12 hours in clear water, then 12 hours in a strong alum water or enough alum in water to taste. Boil for ½ hour in plain water. Then boil fruit in a strong ginger tea. Cook until the ginger is well into the fruit. Drain the fruit and put into crock, pour over the fruit a heavy syrup made of:

1 lb. sugar to each lb. tomatoes 1 oz. whole mace 3 pts. water

The next morning add 1½ pints of vinegar to each 8 lbs. of tomatoes. Cook until brittle.—Mrs. Robert Randolph Simmons, Rockingham, N. C.

DELICIOUS CHOPPED PICKLE

1 doz. medium cucumber pickles
2 large cabbages
1 qt. green tomatoes
2 onions 2 bunches celery
2 doz. bell peppers
6 qts. vinegar
8 ounces mustard
3 cups Melrose flour
2 tablespoons celery seed
2 teaspoons turmeric
¾ lb. butter
15 cups sugar

Put all vegetables through meat chopper, using coarse blades, then pour 3 qts. boiling water and 1 cup salt over vegetables; let stand over night. Make a paste of flour, mustard and 3 qts. vinegar; boil 15 minutes; add this to the remainder of vinegar, then add to vegetables, spices and sugar. Cook for half an hour, and just before removing from fire, add butter. (Delightful.)—Mrs. Robert Randolph Simmons, Rockingham, N. C.

RIPE TOMATO SWEET PICKLE

6 lbs. tomatoes
3 lbs. sugar
1 teaspoon cloves
4 inches stick cinnamon
1 teaspoon whole mace
1 quart vinegar

Mix all together and boil until tender, stirring constantly. Cut up tomatoes after peeling. Cook slowly.—Mrs. E. N. Baker.

CHOW CHOW NO. 1

1 gal. green tomatoes
1 large cabbage
1 pt. onions
5 bell peppers 4 pts. vinegar
1 tablespoon turmeric
1 lb. sugar (brown)
1 cup white sugar
½ oz. white mustard seed
½ oz. celery seed
1 tablespoon ground mustard

Put through food chopper tomatoes, cabbage, onions and peppers. Put bowl under chopper and use juice from vegetables. Mix all ingredients, sprinkle freely with salt, cook one hour and seal hot.

—Mrs. Ben I. Dunlap, Ansonville, N. C.

CHOW CHOW NO. 2

1 good sized cabbage chopped fine
1 pt. chopped onion
½ as much green tomato, chopped fine

Sprinkle well with salt and allow to stand several hours. Drain and add:

1 tablespoon celery seed, beaten
7 tablespoons ground mustard
¾ cup Melrose flour
1¼ lbs. brown sugar
5 cents worth of turmeric
3 pts. vinegar

Mix well and cook about 15 minutes.—Mrs. W. L. Little.

TOMATO PICKLE

Into 2 gals. water put 1 qt. slack lime and fill vessel with sliced green tomatoes. Let stand 24 hours. To 7 lbs. of tomatoes, boil together ½ gal. vinegar, 4½ lbs. sugar; add cinnamon, cloves and allspice. Pour this mixture over the tomatoes and let stand 24 hours. Then boil all together for twenty minutes.—Mrs. M. L. Ham, Morven, N. C.

CHILI SAUCE

1 peck ripe tomatoes, peeled
½ doz. large onions
½ doz. red bell peppers
1 tablespoon cloves
1 tablespoon cinnamon
1 tablespoon spice

Tie spices in a bag. Put on tomatoes, onions, peppers and spices, and let cook about 20 minutes. Add 1 quart vinegar, ½ cup salt, 1¾ lbs. brown sugar; cook until the mixture becomes thick, being careful not to burn, and seal hot.—Mrs. Ben I. Dunlap, Ansonville, N. C.

UNCOOKED CHOW CHOW

One-third pint white mustard seed
1½ boxes ground mustard
1 cup salt
1 cup sugar 6 green peppers
½ oz. turmeric
¼ pint olive oil
2½ pounds cabbage
3 quarts green tomatoes

Mix mustard, salt, sugar, turmeric and olive oil together. Chop cabbage, tomatoes and peppers and scald with enough strong vinegar to cover and let stand six hours. Drain well, mix with first mixture in a stone crock, cover with fresh cold vinegar. Tie up with good cloth, and after five days stir well and put in jars.—Mrs. Ben I. Dunlap, Ansonville, N. C.

UNCOOKED CUCUMBER PICKLES

1 qt. vinegar
1 cup sugar
¼ cup salt
¼ cup mustard

Mix thoroughly. Pack cucumbers in jars and fill with liquid. Seal. This makes two quarts of pickle.—Mrs. John Dunlap.

PEACH PICKLE

4 quarts peaches
2 lbs. sugar (brown) Cloves
3 or 4 sticks cinnamon
1½ pints vinegar

Make a syrup of the sugar, vinegar, cinnamon and cloves. Cook together for about 20 minutes. Cook the peaches, a few at a time, in this syrup and pack in jars. Boil syrup down and pour over them, and seal.

—Mrs. Tyler B. Dunlap, Ansonville, N. C.

CUCUMBER MANGOES (DELICIOUS)

Soak in brine for nine days as many large green cucumbers as you wish to use. Then let them stand for forty-eight hours in clear water. Cut a slit in them, scoop out seed, wipe dry and fill with stoned raisins, lemons cut in long thin strips, and a few whole cloves. Tie up slit. Pack cucumbers in stone jar, cover with boiling syrup made by adding 5 lbs. of sugar to 1 quart of vinegar, flavored with mace, cloves and cinnamon to taste. Reheat syrup and pour boiling hot over cucumbers for nine successive days.

—Mrs. T. F. Stanback, Mangum, N. C.

TOMATO SAUCE

3 pts. tomatoes, finely cut
1 pt. sugar
½ pt. vinegar
1 teaspoon ground cloves

Put ingredients in boiler over moderate fire and let boil until it is sufficiently thick. Seal hot.—Mrs. T. F. Stanback, Mangum, N. C.

SUPERIOR PEACH PICKLES

Select firm, medium-sized peaches of good flavor, preferably clear seeded as they are more easily eaten. Peel and place in large vessel to boil, covering them with boiling water, turning over frequently while cooking. Cook until they can be pierced with a fork, then place in sterilized jars (½-gal. size best). After filling jars, invert so as to drain all water from peaches. Cover at once with boiling syrup, which has been prepared while peaches are cooking. Three pounds of sugar to one quart of good vinegar, just brought to boiling point, with whole cloves and allspice, about one tablespoon each. Seal tight and let stand several weeks before using.

—Shelley Horne Rose.

PEPPER HASH

1 doz. sweet green peppers
1 doz. sweet red peppers
4 large onions
3 level teaspoons salt
1 qt. vinegar
2 cups sugar

Grind onions and peppers, after removing seed; cover with boiling water four different times, draining well each time. Put in sack and squeeze dry. Add salt, vinegar, sugar, and cook 15 minutes. Seal while hot.

—Mrs. T. L. Caudle.

SPANISH PICKLE

8 green bell peppers
1 oz. white mustard seed
1 oz. celery seed
¼ lb. ground mustard
½ gal. vinegar
2 medium cabbages
½ gal. green tomatoes
3 doz. small onions
1½ doz. cucumbers
1½ lbs. sugar

Chop vegetables, sprinkle with salt and let stand 24 hours. Press out brine, put them in kettle with alternate layers of spices, and add vinegar and sufficient turmeric to cover it as desired. Boil about an hour and put in jars, not necessarily air tight.—Mrs. Chas. M. Burns.

WATER MELON SWEET PICKLE

1 cup vinegar
3 cups sugar
½ gal. melon rind
Cinnamon and mace

Peel rind, cut in pieces, sprinkle with salt, cover with boiling water and let stand over night. Boil in water with piece of alum about the size of hickory nut. Let stand until cool. Boil again in clear water until tender. Plunge into cold water and let stand a while. Drain well and put into boiling syrup. Boil for 30 or 40 minutes. Put in jars and cover with syrup. Seal.—Mrs. Judith S. Dockery.

WATER MELON RIND PICKLE (DELICIOUS)

Use thick rind, removing outside and colored meat. Cut into any desired shape. Make strong salt solution, sufficient to cover rind well. Soak rind in this, well weighted down, for 3 days. Make strong alum solution, soak rind in this as above for 3 days. Rinse well and soak in clear water 3 days, changing water each day. Boil in clear water, rapidly and continuously, until tender. Make syrup of the proportion of 2 cups sugar and 1 cup vinegar, flavored with cinnamon, spice and cloves. Have sufficient quantity to cover rind well, and boil in this until the syrup is thick. If preferred, the flavorings may be added whole and put into the pickle as they are put in the jars. Seal while hot.—Mrs. J. B. Ingram.

MUSTARD PICKLE

1 gallon chopped cabbage ½ gallon small onions
½ gallon cucumbers cut in squares (the cucumbers may be some that have been kept in brine. Soak thoroughly before using)
1 quart sweet green peppers, chopped; sprinkle salt over all and let stand over night. Take out next morning and drain. Add a liquor made of ½ fresh water and ½ vinegar and scald vegetables about 5 mins. Take out and put immediately into the following hot dressing:
2 tablespoons turmeric 1 tablespoon celery seed
2 pounds sugar ½ teacup Melrose flour ½ teacup mustard
Make paste of all ingredients with a little cold water, then add ½ gallon vinegar. Cook until it thickens, stirring all the time to prevent lumps forming. Add the vegetables and cook for a few minutes. Seal while hot. This mustard dressing may be used with chopped red and green peppers alone, and small green tomatoes cut in quarters may also be used in the place of cucumbers.—Miss Alice Boggan.

PEACH PICKLE

4 pounds sugar 8 pounds peaches 1 quart vinegar

Boil vinegar, sugar and spices five minutes. Add a few of the peaches and boil until transparent. After all the peaches have gone through this process, pack in jars, then boil syrup until it thickens and pour over fruit and seal.—Mrs. D. E. Gatewood.

Preserves

FIG CONSERVE.

4 lemons (juice)
7 lbs. peeled figs
4 lbs. white sugar
2 lbs. seeded raisins
4 oranges, juice of two, rind of two
1 lb. pecans ½ cup water

Put all on stove except nuts. Cook and stir until thick, add nuts ten minutes before removing from stove. Put in pint jars.—Mrs. W. A. Smith.

ORANGE MARMALADE

3 oranges
3 grape fruit
3 lemons
Sugar.

Wash and cut fruit without peeling. Remove seed, and put through food chopper, taking care to catch all juice. To every pint of fruit and juice add three pints water, and let stand over night. Boil 10 minutes, then remove from fire and let stand for several hours. Measure, and to every pint of fruit, put one pint of sugar. Cook until it jellies.—Mrs. Geo. Scott, Va.

CRANBERRY SAUCE.

1 quart cranberries 1 pint water 2 cups sugar

Wash the cranberries, add water and put on fire in covered saucepan. Let simmer until each cranberry bursts open; remove cover from pan, add sugar and let boil about twenty minutes without cover. The cranberries must not be stirred from the time they are placed on the fire.

—Mrs. J. D. Horne.

SPICED FRUITS.

Usually made of grapes, apples, plums, pears, and peaches. A standard recipe for any of these is as follows:

6 lbs. fruit
3 lbs. sugar
1 pint vinegar
1 lemon rind
6 to 10 tablespoons mixed spices, such as cinnamon, allspice, cloves, ginger, nutmeg

Remove seed, cores and cut fruit into desirable sizes. Make a syrup of the vinegar and sugar, tie the spices in a small piece of cheesecloth, and add them to the syrup. When the mixture begins to simmer add the fruit and lemon rind and bring to a boil. Cook quickly and allow to stand over night. The next morning boil down until it is about like jam. Pack into jars and seal while hot.—Mrs. Rosalind Redfearn.

STRAWBERRY PRESERVES.

Two quarts strawberries, washed, capped, and then washed again. Drain well, weigh, add equal weight of sugar. Scrub a dime clean, put all the cream of tarter on it you can and add to sugar, mixing well. Then put sugar on berries and shake, as if you were sifting them. Put on over slow fire until juice starts, then cook on brisk fire for 20 minutes. Turn on shallow platters and let stand over night, or until juice forms a thin jelly. While standing, take a knife and turn berries. Do this two or three times. When ready, put in jars cold and seal with paraffin.—Mrs. J. M. Sloan.

FIG PRESERVES.

Gather figs when just ripe and not soft, for preserves. The soft figs may be made into jam. Peel carefully, trying not to cut into seed. Use one pound of sugar to each pound of figs and the juice of one lemon to each four pounds of figs.

Place sugar in kettle with enough water to prevent sticking. Stir occasionally until it begins to boil. Add the lemon juice. This will prevent crystals forming or turning to sugar. If a lemon is not available, use 1 tablespoonful of vinegar. Add part of the figs and cook until transparent. Take up on platter and place in the sun. Add more figs to the syrup and continue until all have been coooked and sunned. Boil syrup down until it is as thick as honey. Add the figs and boil again for five minutes. Set the preserves aside until next morning. The figs will absorb the syrup over night and become plump. If the syrup looks thin at this time the figs should be taken out and let it boil down more. Pack the jars and process them ten minutes in order to prevent mold and also to seal the jar air-tight. Figs should be cooked thoroughly. The little seeds cause the preserves to ferment and if not cooked enough, the syrup gets thin and watery, and when jar is opened it spoils often before all is used.—Mrs. Redfearn.

CITRON

Rind of 1 watermelon

Peel, cut into 2 in. squares. Make salt brine and soak 3 days. Make medium strong alum water, soak 3 days. Soak in clear water 3 days. Make strong ginger tea and boil until tender. Two lbs. sugar to 1 lb. fruit. Use little water to start syrup. Cook until transparent.—Mrs. Frank Bennett.

Beverages

MINT CUP (VERY REFRESHING)

1 bunch fresh mint 1 cup sugar 5 lemons

Let all steep in cup of cold water 30 minutes. Add four bottles ginger ale, and lastly ice.—Mrs. Walter T. Rose.

FRUIT PUNCH.

1 dozen oranges
1 dozen lemons
2 small cans grated pineapple
2 bottles apollinaris water
6 bottles ginger ale
2½ cups sugar 1½ cups water

Cook sugar and plain water to make syrup. Add pineapple. Squeeze oranges and lemons and add juice. Lastly, ginger ale and apollinaris water. Put in large piece of ice, and serve with cherries. This serves thirty people.—Mrs. J. D. Horne.

PUNCH.

Juice of 5 lemons
½ bunch mint leaves, chopped
1¼ cups sugar
½ cup cold water
2 pints ginger ale
1 pint grape juice.

Mix lemon juice, sugar, mint and water together, cover and let stand 30 minutes. Strain and pour into punch bowl over lump of ice. Garnish with thin slices of lemon and sprigs of mint.—Mrs. B. F. Bray.

RUSSIAN TEA.

5 teaspoons of tea, steeped in 8 cups boiling water.

To this add the mixture composed of the following ingredients:

8 cups of water
2 cups sugar
Peel of 3 oranges and 1 lemon
5 whole cloves.

Boil 20 minutes, Cool and add juice of 8 oranges and 2 lemons. Serve ice-cold.—Mrs. C. N. Ingram, Darlington.

GINGER CUP.

Four oranges, three lemons, twenty-four lumps sugar, one cup shredded pineapple, one quart ginger ale, one dozen cloves, one-half teaspoon cinnamon, one-third grated nutmeg, one pint water. Push the cloves into the oranges and let them stand an hour to extract flavor. Rub the sugar over the rind of oranges and lemons, then add juice of these to sugar; add the spices and pineapple and let stand two hours. At the time of serving, put in the water and ginger ale and pour over cracked ice.

ICED COFFEE IN PERFECTION.

One pint cold coffee, one-fifth teaspoon ground cinnamon, one pint milk, whipped cream, cracked ice. Have both coffee and milk thoroughly chilled; mix well, add cracked ice and when serving, put the whipped cream on top of each glass and dust over with cinnamon.

CHOCOLATE

Two ounces chocolate, two tablespoons sugar, one quart milk, one cup water, pinch of salt. Dissolve the sugar, chocolate and salt in a little water and add one cup boiling water. Boil. In the meantime, heat milk in double boiler. When the milk is hot, pour in the syrup and whip with an egg beater. Serve with or without whipped cream. A marshmallow served on each cup of chocolate adds a pleasant flavor.

TEA.

One teaspoon tea, one cup boiling water. Scald pot, put in tea, pour boiling water over it and serve at once. Tea should never be boiled. The water should be freshly boiling.

TEA PUNCH

One cup strong tea, one sliced lemon, one cup stoned cherries, one quart water, one-half cup maraschino cordial, one cup sugar, cracked ice. Pour the tea (hot) over the sugar; then when cold, add fruit, water and cordial. Chill thoroughly before serving.

BLACKBERRY ACID.

3 gallons of berries 3 pints cold water 5 oz. tartaric acid

Dissolve tartaric acid in water, cover berries and let stand for 48 hours. Do not squeeze but strain carefully through a bag. For each pint of juice use ¾ pound of sugar, let stand for two weeks not air tight. Then bottle, put corks in tightly and let stand until working has stopped and then cork tightly. When serving use 1 cup juice to 4 cups water, add more sugar if needed.—Mrs. T. L. Caudle.

SCUPPERNONG GRAPE JUICE.

Rinse grapes, pack layer of grapes, then layer of sugar, until jar is filled. Seal and the natural juices will be extracted, resulting in delicious grape juice. Cherries excellent prepared in similar way, with spices added.

—Mrs. Geo. Howard.

COFFEE.

One tablespoon coffee, one cup boiling water. Scald coffee pot. Have freshly boiled water and let the coffee boil just a moment. Remove from strong heat. Settle with a little cold water.

ICED CHOCOLATE

Prepare a syrup as follows: To six tablespoons of scraped chocolate add one quart boiling water. Boil up well, then add one quart sugar and cook until a thin syrup is formed. When cold, flavor to taste with vanilla. For serving, use two or three tablespoons of syrup for each glass. Half fill with crushed ice, pour in syrup, fill up with rich milk, garnish with whipped cream and serve.—Mrs. L. J. Huntley.



AMOUNT REQUIRED FOR MULTIPLE SERVINGS

1 large hen, baked, serves 8 persons.
1 hen made into salad serves 15 persons.
1 hen made into pressed chicken serves 18 persons.
1 gallon of punch serves 30 persons.
1 gallon of tea, made strong enough to have cracked ice, serves 30 persons.
1 can of peas serves 10 to 12 in patty cases.
1 twelve-pound ham, baked, serves 40 persons.
1 loaf of bread makes 10 sandwiches.
1 quart of coffee pours 6 cups.
15 pounds of roast beef serves 50 persons.

AMOUNTS REQUIRED FOR SERVING 50 PLATES

1½ gallons brick ice cream
2½ gallons ice cream in bulk
3 cakes
1½ pounds shelled almonds, salted
3 pounds mints
3 pints olives
1 pound good coffee
2½ loaves of pullman bread for sandwiches
5 chickens for salad
7 bunches celery for salad
3 heads of lettuce for serving salad
2 pounds of crackers
1 quart of cream for coffee

WEIGHTS AND MEASURES

1 cupful	One-half pint
4 cupfuls	One quart
3 teaspoonfuls	One tablespoonful
2 cups butter, packed solid	One pound
4 cups sifted flour	One pound
2 cups granulated sugar	One pound
2 tablespoonfuls butter	One ounce
60 drops	One teaspoonful
4 tablespoons flour	One ounce
8 large eggs	One pound
Two and two-thirds cups powdered sugar	One pound
Two and two-thirds cups brown sugar	One pound
3½ cups confectioners' sugar	One pound
1 square confectioners' sugar	One pound
1 square Baker's chocolate	One ounce
5 tablespoonfuls of liquid	One wine-glass

GENERAL DIET FOR REDUCING WEIGHT

Avoid overeating.

Use thin, clear soups instead of thick or cream soups.

Eat plenty of green vegetables, either raw or plainly cooked.

Eat cabbage, lettuce, spinach, asparagus, string beans, celery and any salad green.

Eat small portions of bread, cereals and starchy foods.

Eat fruit sherbets, water ices, fruit whips and gelatine desserts.

Eat lean meats in moderation; oysters, clams and other sea food.

Eat salads with French dressing, made of lemon juice instead of vinegar.

Eat sparingly of butter, confectionery, rich sauces and ice cream.

GENERAL DIET FOR INCREASING WEIGHT

Drink at least a quart of milk a day.

Use sweet cream as frequently as possible.

Use plenty of butter.

Eat plenty of fruits, especially dates, figs and bananas.

Use cereals plentifully.

Eat vegetables, especially potatoes, carrots, beets, corn, sweet potatoes and greens.

Eat meats daily.

Eat larger amounts of food than you are accustomed to. If this seems difficult, it is often better to increase the number of meals to four or five instead of three. Let the extra meal consist of crackers and milk, chocolate egg shake, etc., and fit one in between breakfast and lunch, or during the afternoon, or before retiring.

Mrs. Hurley

Mrs. A. Griffin Recipes

Mrs. J. C. Lee in Nonna = Contest

½ lb pineapple

½ " cherries

½

½ lb raisins

(½ lb) figs.

1 oz citron

3/4 lb citron [chip half-slice half]

3/4 Cup Walnuts

1/2 lb fossil Nuts

6 eggs (beat sep.)

1 cup sugar

½ cup butter

1 C nuts

½ lb dates

½ pkg Sodol in syrup

Spices ½ tsp each

Steam 5 hr

Bake 1 hr

Slow oven

Brunswick Fruit Cake.

1# sugar # butter - (creamed)
1# flour 2 teasp - B. powder (sifted)
12 eggs - 1/2 cup sweet milk
(added to sugar + butter)
12 egg whites gently stirred in -
add flour well beaten in -

3/4 lb - citron - chrystalized
3/4 " dates
3/4 " currants
1 " raisins (seedless)
3/4 lbs white raisins
3/4 " pineapple - chopped -
3/4 " cherries -
1 1/2 " almonds
3/4 Spices everything (soak almonds
& currants in warm water 30 min.
boiling water 30 min.

spread currants to cool - then add all fruit, etc together sprinkle with one cup flour and work together till each piece stands separately - add fruit to batter saving enough batter to to put 1 in - in bottom of baking pan -

Steam cake in warm to boiling water for 3 hrs; then put in oven bake 2 hrs - or 2½, depending on depth of pan - Cover with paper for 1st hour - Start baking with low heat - increase heat slightly in 3 hr - Take off paper to brown - When cool pour on 1 cup wine -